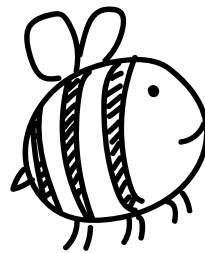
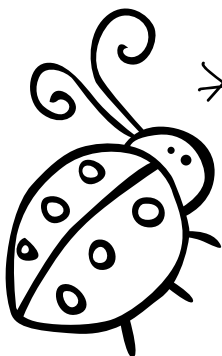


wellbeing

COLLECTION

Activities to support and inspire children of all ages



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Welcome to this

wellbeing

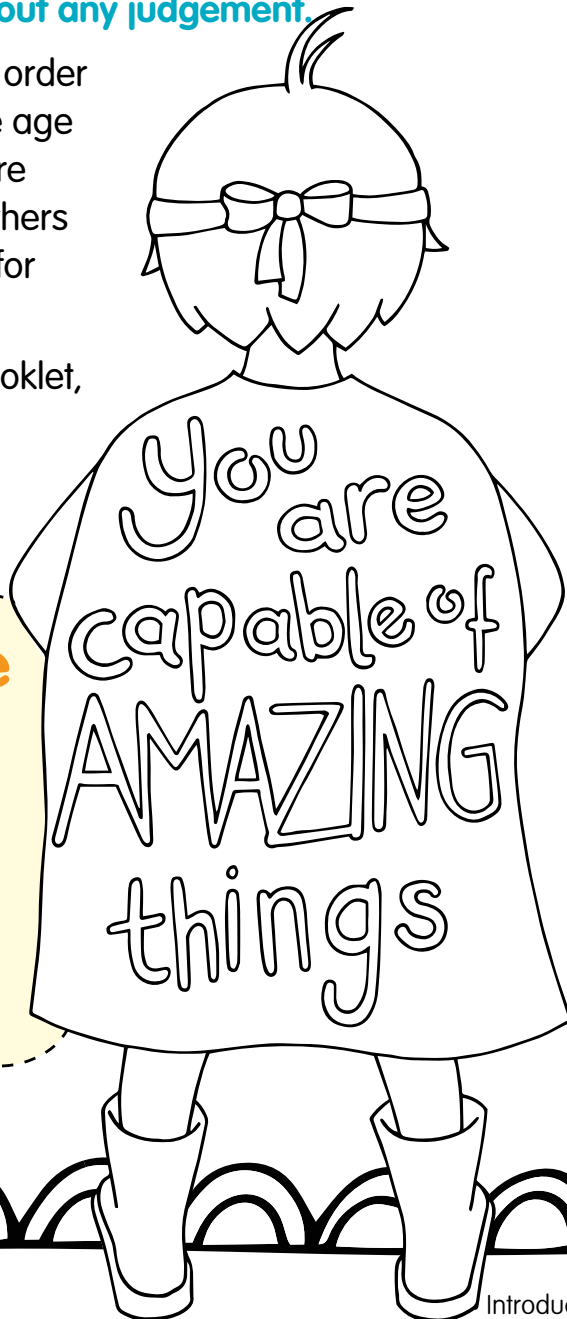
COLLECTION

The activities in this booklet have been specially selected and written to help support children with their wellbeing. There are no objectives to reach or worksheets to complete, they simply offer children the opportunity to be creative, physical or to explore their feelings and emotions without any judgement.

The activities may be done in any order and can all be adapted to suit the age and interests of the child. Some are designed for self-reflection and others are more collaborative and ideal for exploring together.

Simply take a look through the booklet, choose your favourite pages and dedicate some time to focus on wellbeing.

Finally, and above all, we hope you enjoy these activities and have fun!



ALL ABOUT ME

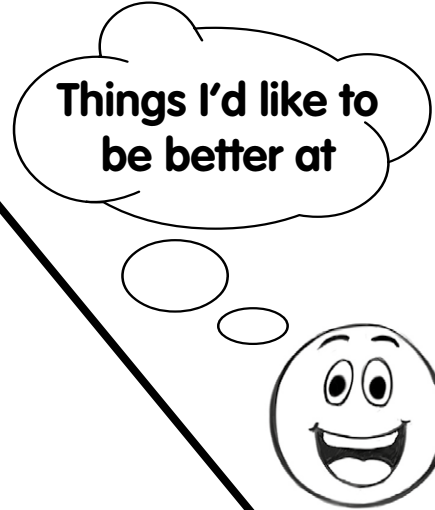
Draw pictures or write words in each section
of the *All About Me* Diamond!

See if you can fill each section.

Things I'm good at



Things I'd like to
be better at



ME

Nice things people
say about me

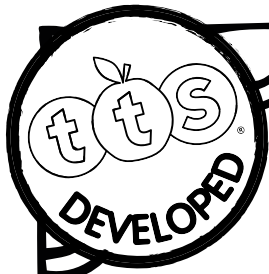


Things I might
worry about

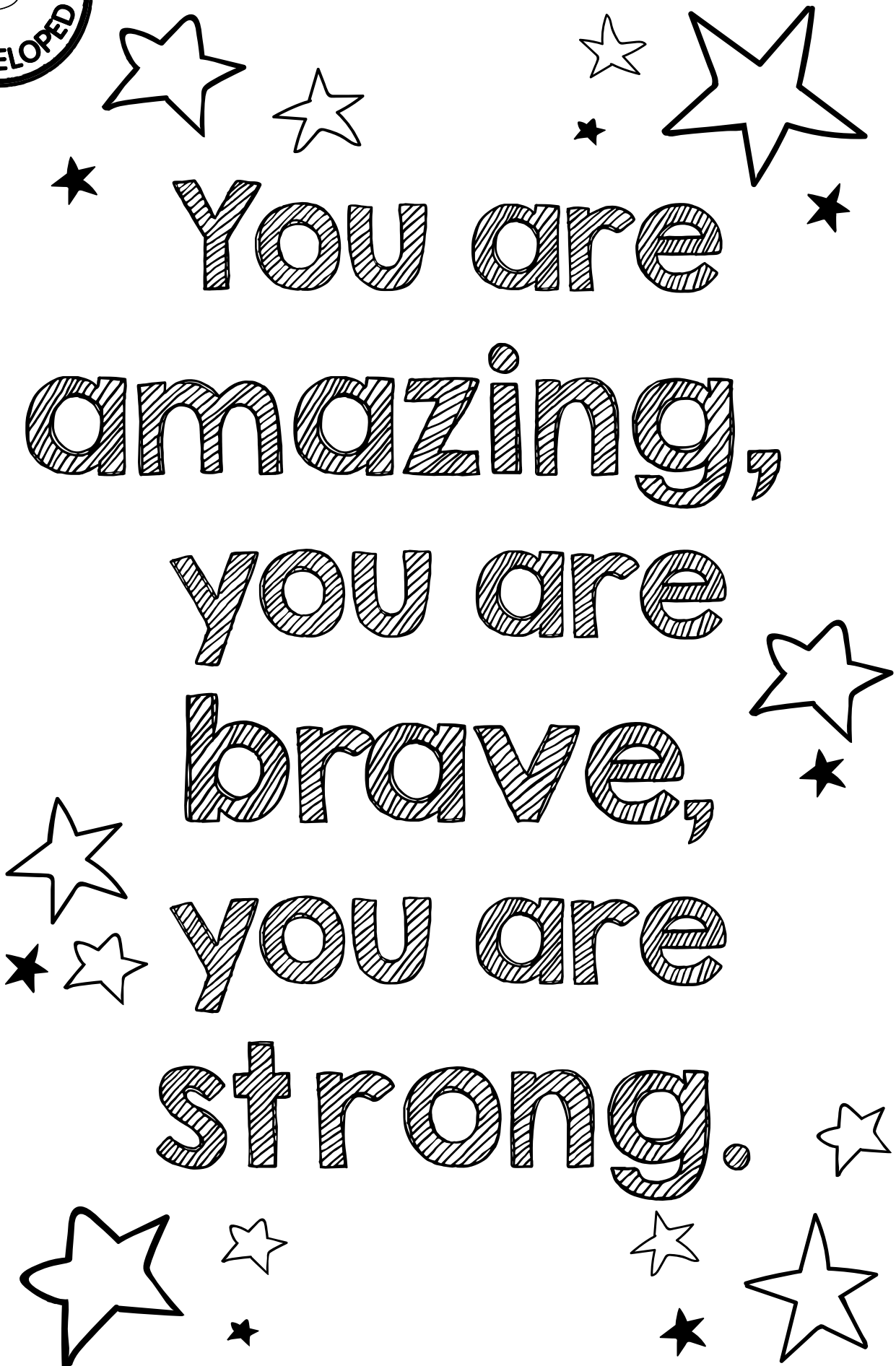


"Today you are you, that is truer than true.
There is no one alive who is youer than you!"

Dr. Seuss



You are
amazing,
you are
brave,
you are
strong.



Learning about happiness is really important

We don't have to be happy all of the time but if we know what makes us happy, this can help us when we are feeling sad.

Try these HAPPY activities ...

My Happy Box

Make your own happy box filled with things that make you smile. You could include a photograph of a memory, a small activity you enjoy, things that make you laugh or things that remind you of happy times.

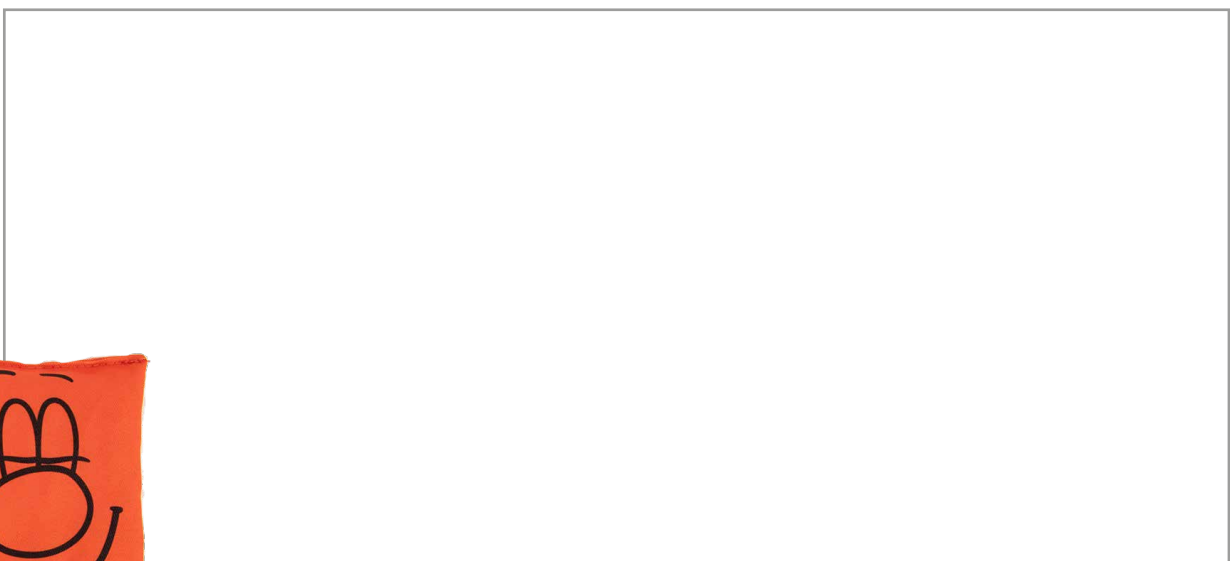
happy

Sharing Happiness

We can help to spread happiness by being kind to each other. Plan some '**random acts of kindness**' to surprise your friends and family. They don't have to be big things and sometimes the smallest things make us smile!

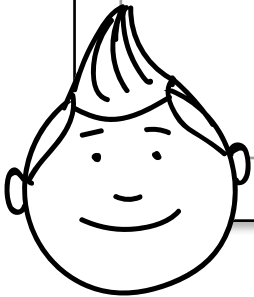

What makes you Happy?

Draw or stick pictures of things that make you happy. They might be people you like to spend time with, activities you like to do or places you like to visit.



What does Happy look like?

Draw a picture of what you think happiness looks like or what happiness means to you.



Celebrate!

Reminding ourselves of the things we are good at and the things we have achieved can help raise our mood and make us feel happy.

Try finishing these sentences ...

I am good at _____

I am grateful for _____

Today, something I did well was _____

I am proud of _____

I am looking forward to _____

CALMING CAT CARDS

Calming Cat Cards

Below are some activities developed by Educational Psychologist, Paula Williams, taken from the Calming Cat Coaching Cards.

Try and find a calm space, away from distractions, to complete these activities. The coach cards (on the left) are for the adult and the child cards (on the right) are for the children.



Understanding 6

Coach

Facial acting

Preparation:

- Find a mirror, preferably big enough to see both of your faces in it.

Coaching aim:

- Ask the child initially to pull different facial expressions in the mirror.
- What do they notice?
- Now make a calm face – what do they see? How does their body feel?
- Now make an angry face – what do they see? How does their body feel?
- Return to the calm face and take a deep breath.
- Now make a worried face – what do they see? How does their body feel?
- Return to the calm face and take a deep breath.
- Now make an excited face – what do they see? How does their body feel?
- Return to the calm face and take a deep breath.
- Stress the importance of always regulating back to calm for a healthy body and mind.



Understanding 6

Child

Facial acting

- ☆ We are going to test your acting skills.
- ☆ Using the mirror let's see what faces you can pull.
- ☆ Now see if you can pull different faces when I name the emotion.
- ☆ Your Calming Cat coach will always encourage you to restore to calm.
- ☆ This is important to keep us healthy.
- ☆ Notice how your body and face react in different situations.



Understanding 13

Coach

Super YOU!

Preparation:

- You may need some paper and coloured pens.
- Ask the child to visualise themselves as a Super Hero (not all children can visualise).
- Explore what they look like.
- Make them as bright in colour as possible.
- Make their faces brighter.

Coaching aim:

- To encourage the child to use visualisation as a tool for changing images in our brain.
- If the child cannot visualise, draw it out for them. Talk about the colours, the pose, the body and facial features.
- Decide what super powers they might have and what they might tackle.
- Notice the child's body language as you talk about these features and traits.
- You should see them becoming more confident.



Understanding 13

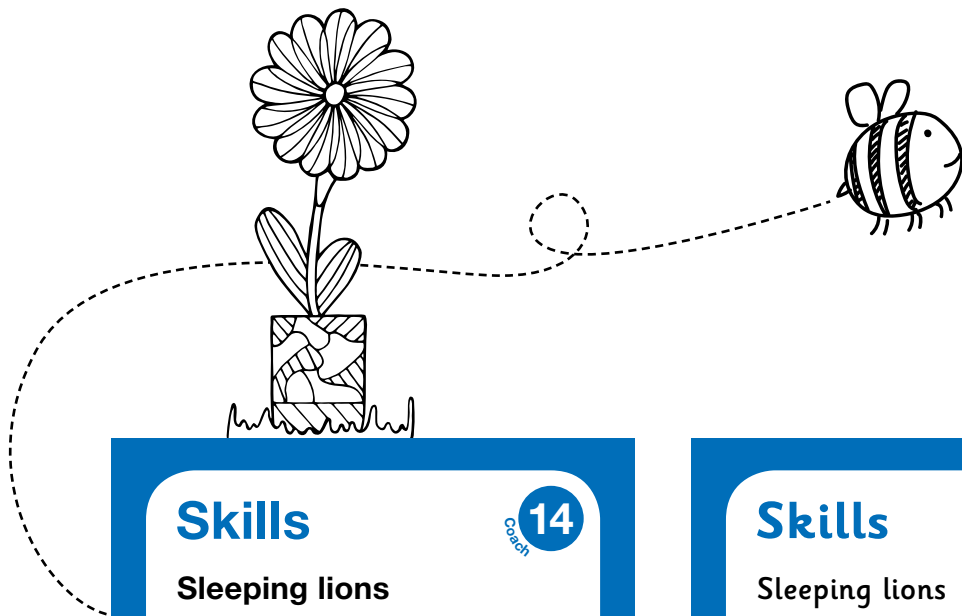
Child

Super YOU!

- ☆ Imagine yourself as a Super Hero!
- ☆ What do you look like?
- ☆ What powers do you have?
- ☆ Make your hair look more shiny, make yourself bigger.
- ☆ Stand taller, be stronger.
- ☆ Make the smile on your face really big.
- ☆ How confident do you look?



CALMING CAT CARDS



Skills Coach **14**


Sleeping lions

Preparation:

- Find a quiet place where the child can lay down comfortably.
- Take a stop watch or timer.

Coaching aim:



- Encourage controlled breathing.
- Remind the child they have to stay as still as possible.
- Time how long they are able to stay still for. Practise for 2-3 times depending on the length of time the child is able to lie for.
- If they have difficulties lying for 10 seconds remind them to keep still and praise them for staying as still as they have.



Skills Child **14**

Sleeping lions

- ☆ Lie still on the floor.
- ☆ Don't move or you are out.
- ☆ Keep very still.
- ☆ How long can you stay still for?

Fun Coach **6**

Laugh out loud

Preparation:

- Laughter is regarded as the best medicine. It raises our levels of oxytocin, making us feel better.
- Have games that make children laugh.
- Try not showing your teeth as you talk about yourself.
- Silly sausage game; answer sausage to everything.
- What did you brush your hair with today?

Coaching aim:

- Be as creative as you can and encourage the child to listen to the laughter.
- If other children take part, listen to their laughter too.
- Some children find it hard to laugh out loud, you might need to work harder to identify things.
- Do not tickle, it can create tension as well as laughter, as the child cannot control the tickling.
- Some dysregulated children may have difficulty controlling their excitement, continuing to laugh uncontrollably. Remind them we need some control and work on this to make sure the laughter is managed. Imagine a big bottle of fizz that explodes causing damage.





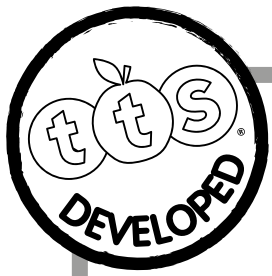
Fun Child **6**

Laugh out loud

- ☆ Enjoy an activity which makes you laugh.
- ☆ This card allows you to play a game which makes you laugh.
- ☆ See how much laughter you can create.
- ☆ Remember to check in with your body to see how it feels.
- ☆ It's good to laugh.
- ☆ We need to make sure we can return to a state of calm after.

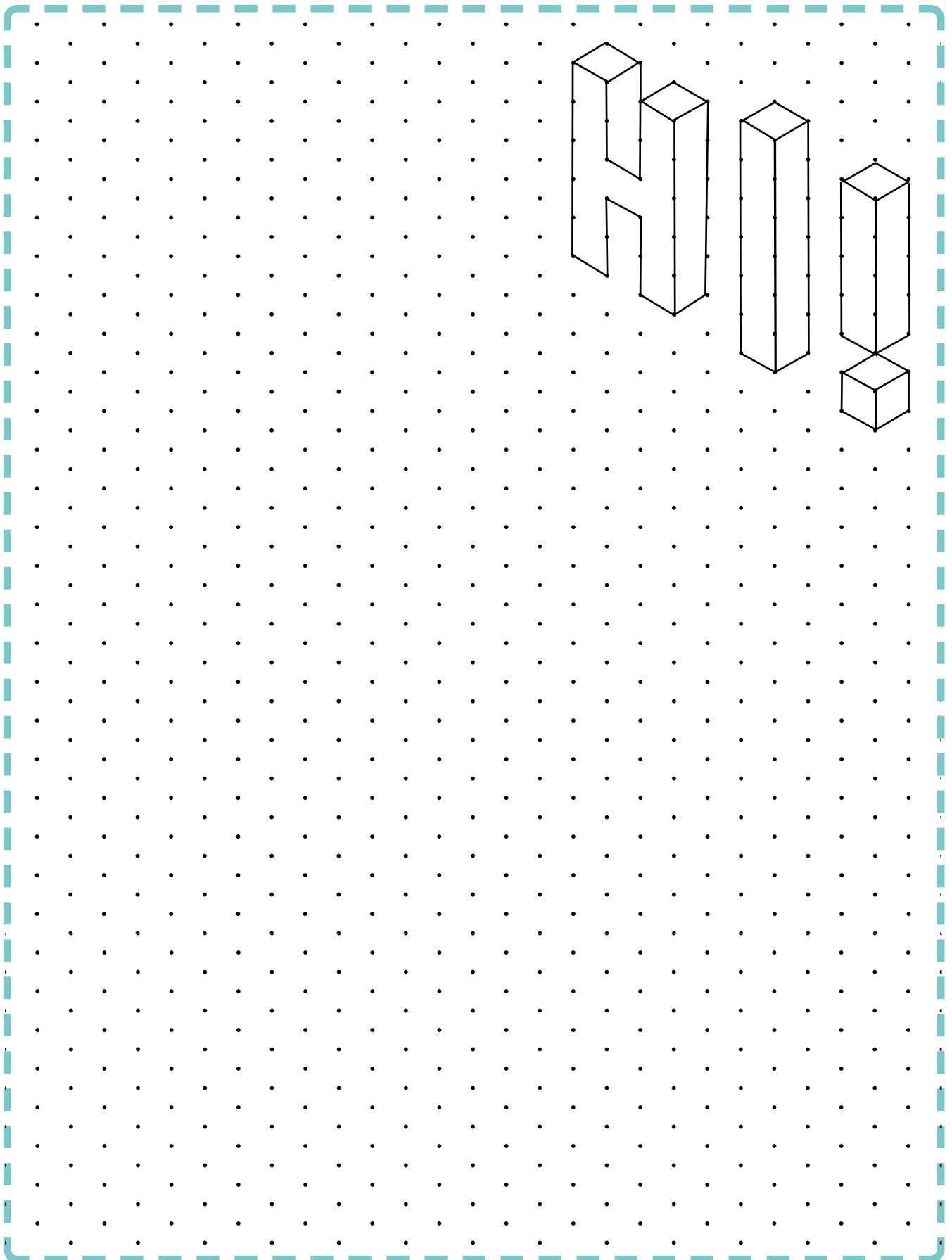
LOL!



Calming Cat

Try your own doodles or designs...

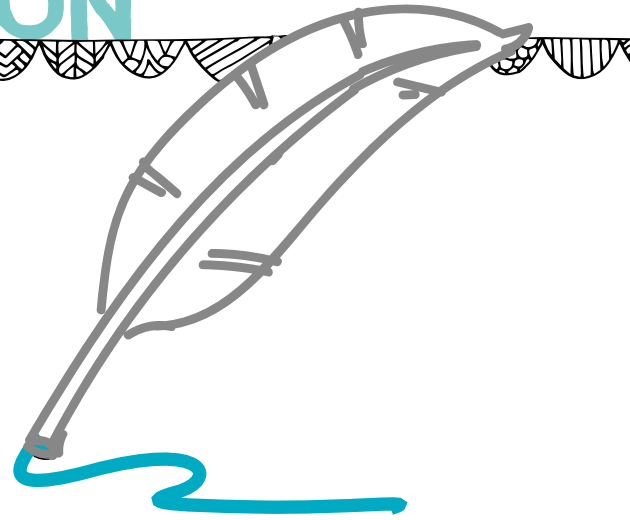


ARTISTIC INSPIRATION

Artistic Inspirational Quotes

You will need:

- Examples of inspirational quotes
- Paper (A4 or larger)
- Colouring/painting resources



Introduction

Cut out a few of the quotes and put them in a hat/bag. (Some examples are given, but you may know of others you would prefer.) If there are a few children, ask them to pull a quote out and read it to the group. Would anyone like to elaborate on what it means? If working with an individual, pull out a couple of quotes each to choose from.

Choose the quote you find most meaningful, write it out on your paper and decorate however you choose.

Children might like to come up with their own inspirational quotes based on something important to them.



If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.

Roald Dahl



Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts.

Albert Einstein



Winning doesn't always mean being first. Winning means you're doing better than you've done before.

Bonnie Blair



ARTISTIC INSPIRATION



You're braver than you believe, and stronger than you seem, and smarter than you think.



AA Milne/Christopher Robin



Why fit in when you were born to stand out?



Dr Suess



You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have.



Jim Rohn



You must be the change you wish to see in the world.



Mahatma Gandhi



Be Silly, Be Honest, Be Kind.



Ralph Waldo Emerson



It always seems impossible until it is done.



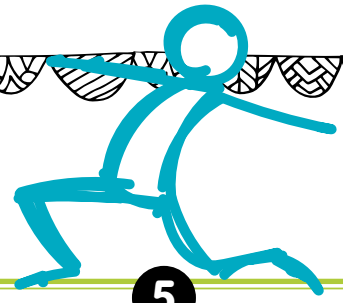
Nelson Mandela



Learn from yesterday, live for today, hope for tomorrow.

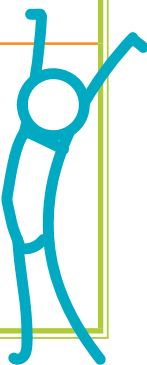


Albert Einstein



30 Active Mini Challenges

1 30 super-star jumps	2 Play your favourite song and dance all the way through it	3 Lie on the floor and stand up 10 times	4 100 claps: 25 above your head 25 arms straight in front 25 behind your back 25 between your legs	5 Put a plastic cup on the floor. Step back 5 paces. Can you throw a bottle lid (or similar sized object) into the cup?
6 30 hops on your left leg	7 Walk up and down your stairs 20 times. (If no stairs, march 200 steps on the spot.)	8 30 hops on your right leg	9 Create a line on the floor and jump over it, side-to-side 20 times	10 Throw a cuddly toy into the air higher than your head 20 times in a row without dropping it
11 Lie on the floor with your legs in the air and balance a balloon or a ball on your feet for as long as you can	12 Lie on your left side. Raise your straight right leg 20 times	13 Use 3 soft balls (or bundle 3 socks into balls). Can you throw them up and catch one or more before they reach the ground?	14 Lie on your right side. Raise your straight left leg 20 times	15 Lie on your back. Throw a ball or cuddly toy. Can you catch it with your feet?
16 Kick each leg straight in front of you 20 times	17 Kick each leg out to both sides 20 times	18 Sing 'Heads, shoulders, knees and toes' all the way through 5 times with all the actions	19 Be a boxer – 50 jab punches straight ahead	20 Lie on the floor with your legs in the air and 'ride a bike' for 5 minutes
21 Punch your arms up into the air 50 times	22 Stand on your left leg and make 20 circles in the air with your right ankle	23 Stand on your right leg and make 20 circles in the air with your left ankle	24 Play a song and skip on the spot or around the room until it ends	25 Walk like a crab for 5 minutes
26 Be a frog! Crouch down, then spring into the air 10 times	27 Roll a marble, a bead, or a very small ball from one side of the room to the other using only your nose	28 Walk like a jelly whilst reciting 'Jelly on a plate, Jelly on a plate, Wibble wobble, wibble wobble, Jelly on a plate.'	29 Balance a toilet roll on your head. Can you sit down on the floor and stand up again without dropping it?	30 Jog on the spot for 5 minutes



Why not...

- Work through one challenge each day and colour in the squares as you go.
- Choose 5 challenges for the day and tick them when complete.
- Cut all the challenges out, put them in a hat and pull out a different challenge whenever you like.
- Close your eyes, put your finger on the page and do whichever challenge you land on!

Get Moving

Sorting Hat

- Write different movement instructions on slips of paper and put them in a hat (or box).
- Take it in turns to pull out a slip of paper and everyone must do the activity for one minute.

Activity Ideas

- Star Jumps
- Kneeling press-ups
- Marching
- Jumping on the spot
- Pat head and rub tummy
- Heads, shoulders, knees and toes
- Crawling
- Swinging arms
- Log rolls
- Knee lifts



Hatch From An Egg

- You are an egg. Curl up small, stay on your feet but make yourself as small as you can. Can you wrap your arms around your legs to make yourself into an egg shape? How tightly can you tuck your head in?
- You are starting to hatch. Rock a little, but don't fall over. Start to break out of the shell – which body part will you use? Stretch that part of your body, push the shell away and feel the air.
- Gradually push all of the shell away and stand up.
- What animal are you? Walk a circuit of the room in the style of your animal.

Repeat this activity and become a different animal each time.



These activities have been taken and adapted from 'Sensory Movement Breaks' by Alison Harris.



HAPPY

Activity

Let's talk about feeling happy...

1. When did you last feel happy?
2. What different things make you feel happy?
3. When you are happy, what do you notice about your body? Think about what happens from your head to your toes.
4. What is your happiest memory?



WORRIED

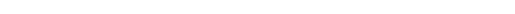
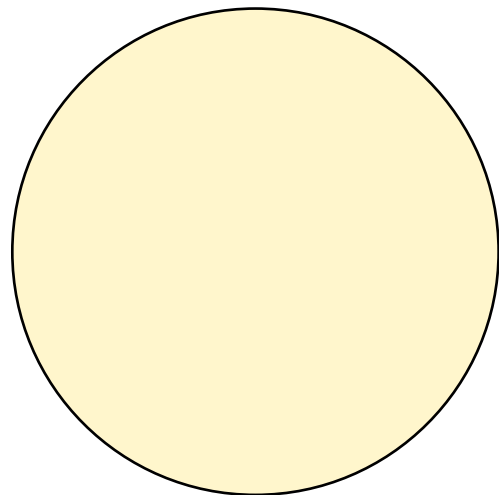
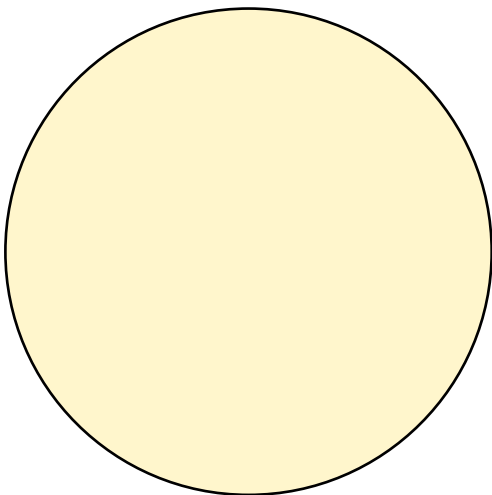
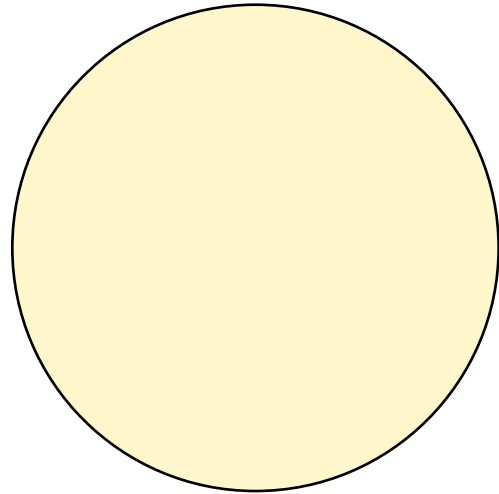
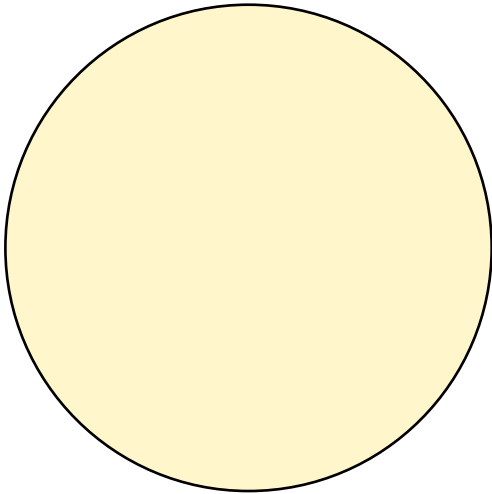
Activity

Let's talk about feeling worried...

1. When did you last feel worried?
2. When you are worried, what do you notice about your body? Think about what happens from your head to your toes.
3. What different things can help you when you are feeling worried?

Activity

1. Think of an emotion and write the name underneath one of the circles.
2. Draw a face in the circle that shows this emotion (your own emotion emoji).
3. Talk about this emotion, for example how it makes you feel and how your body reacts.
4. Repeat this with different emotions in each circle.



PICK AND MIX

Get Creative

Use paints, glue, junk modelling or colouring pencils to design and make a new masterpiece.

Have an Indoor Picnic

Lay out a blanket on the floor and set up an indoor picnic.

Go Outdoors

Take a walk around your garden or plan a walk with an adult. You could do some research to find a new local place to visit and explore.

Read a Story

Snuggle up and read a book together. You could start a chapter book and read a new chapter each night.

Dancing

Choose a favourite piece of music and plan a dance routine.

Games night (no screens)

Have a screen free evening and play a range of games together. You could play board games, card games, charades or why not spend time inventing your own game beforehand.

Drawing

Learn to draw something new. There are lots of 'how to' videos online that you can follow to help.

New Music

Explore and try listening to some new genres of music. You could try jazz, classical, rock, pop, and so many more. Ask family or friends to share their favourite songs and listen to them all!

Laughing

Laughing always makes us feel better. Tell jokes or watch something funny to help get you laughing!

Scrapbook

Create a scrapbook or journal. You could make one about a favourite holiday, a favourite place, things that make you happy or your family.

Music

Lie down and listen to some of your favourite music.

Can't go out... eat in!

Plan a themed dinner night. You could research the cuisine, make menus, play music and why not dress up for the occasion!

Doodling

Pick up a pencil and enjoying doodling and creating new designs. Let your imagination run wild!

Set Up a Home Cinema

Plan a movie night with popcorn, blankets and a family choice of film. You could even create tickets and lay out a red carpet for the event.

Get Moving

Plan your own fitness circuit or routine. Get the rest of the family involved too!

Share stories and memories

Get comfy and share some stories and memories together. You could think about funny ones, happy ones and memories from the past.

Photography

Have some fun with taking photographs. You could explore with different close ups, zooms, colours and then edit them on the computer too. If you are taking photographs of people, make sure you have their permission first.

POSTCARDS

Postcards

You will need:

- A5 templates (provided)
- Examples of 'real' postcards
- Drawing materials

Introduction

Show children examples of real postcards. Who has seen them

before? Has anyone ever sent one? Many years ago (before phones were widely used) they were an extremely popular way of sending messages people would receive quickly. There were two posts a day. Postcards were used for communication from soldiers to home and vice-versa in the world wars. In more recent times, people send them when they are on holiday and they often have beautiful scenery or might have a funny cartoon.

Basically, they are a quick form of communication. There is no room to write lots and lots. You must think about the important things you want to say.



So today, we are going to write postcards, but not ordinary ones. We are not telling someone about a holiday or what we have been doing and we are not even necessarily going to send the cards. We are going to write a short message to anyone we choose. The message might be something we really want to say to them, but for some reason we are unable to. It might be that someone is frustrating or upsetting us or it might be the opposite – that we are really grateful or happy. On the other side of the card, we are going to draw something to express how we feel.



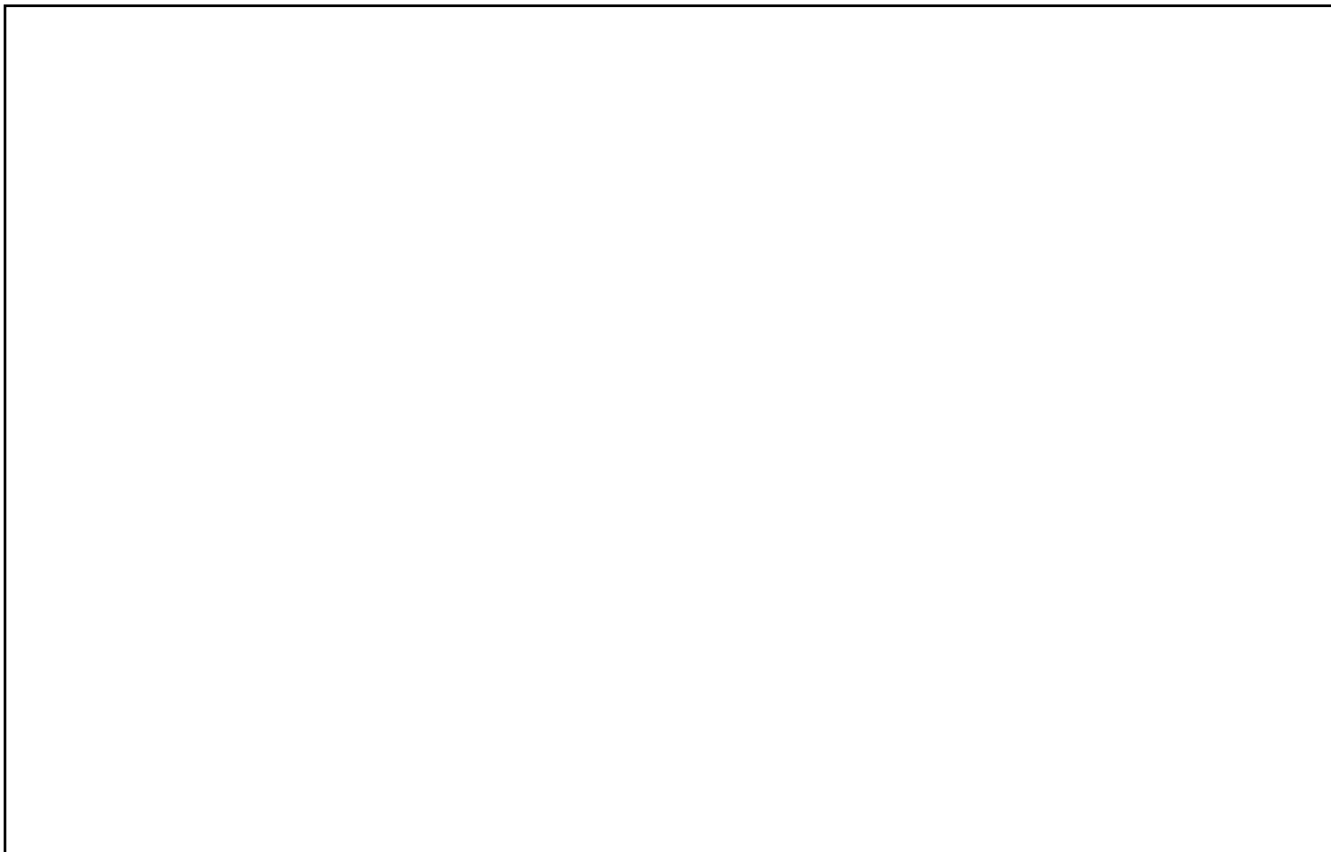
Assure children that spelling doesn't matter, and it doesn't have to be neat and tidy or even make sense, as long as they understand it.

They may or may not wish to share what they have written.

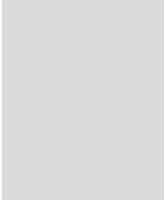
Ask how the picture side makes them feel.

At the end of the activity, children may choose to discard, keep, or perhaps send their postcard to someone.

POSTCARDS



POSTCARD



Sensational

We use our senses to help us connect with the world around us. What we see, hear, smell, taste and touch can influence how we feel.

Spend some time with these activities that will help you tune into your senses.

Sensory Den

Feeling Frenzy

Which sense(s)?

Tactile, hearing, sight

Key Vocabulary:

- Touch, feel
- Soft, hard, smooth, rough, spiky, squidgy, furry, pointy
- Shapes

Resources:

- Re-sealable food bags
- Tin of beans, tin of spaghetti, tinned tomatoes, shaving foam, Angel Delight, jelly, tin of sweetcorn
- Sensory toys and tactile objects

The Activity:

Food frenzy: Place each kind of food into a separate re-sealable food bag, press out the air and seal the bag, ensuring there are no leaks. Give the bags to the children to explore, without being able to see and then when looking at the bags. What do the contents feel like and how they move it within the bags.

Name that object: It is simple to set up, simply place a variety of tactile and sensory objects into a feely bag. Ask the children to try and guess what the objects are.

Feely Bag Stories: Feel around inside the bag and pull out a toy. You might start the story by saying, "Once upon a time there was a ... (little bear). He was happily walking along until, OOPS! He bumped into a..." "At this point in the story, pass the bag to one of the children and ask him to pull out another toy and continue the story. After everyone has had a chance to pull out a toy and add to the story, use your toy to create a "happily ever after" ending.

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Sensory Den

Finger Tracing

Which sense(s)?

Tactile

Key Vocabulary:

- Letter sounds/names
- Writing
- Tracing
- Feel

Resources:

- Blindfolds

The Activity:

Blindfold the children and get them to trace letters, words, numbers or secret messages on each other's backs to guess.

Can they trace capital and lower case letters?

Can they pass on messages around the group – a bit like Chinese whispers?



Product Code: SD10085 - 11 - 18 Made in UK

Sensory Den

Shadow puppets

Which sense(s)?
Sight, touch.

Key Vocabulary:

- Shadow
- Silhouette, figure, shape
- Light, dark, black
- Direction, closer, further, near, far,
- Big, little

Resources:

- Coloured paper or card.
- Scissors and tape
- Hole punch (to add further shapes and depth to the shadows)
- Pencil or craft stick
- Torches

The Activity:

1. Cut several numbers/ shapes /characters out of the paper to create the 'puppet'.
2. Tape the 'puppet' to a pencil or craft stick. To add stability.
3. In the sensory tent, shine the torch on the 'puppet'.
4. Discuss the attributes or properties of shadows.



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If you don't have a dark sensory tent, don't worry, you just need a dark space and a torch.

Sensory Den

Scented Bubbles

Which sense(s)?
Smell, tactile, sight

Key Vocabulary:

- What can you smell?
- Memory, remind
- Emotions - happy, sad, relaxed, joyful, calm
- Pop

Resources:

- Bubble mixture (100ml)
- Essential oils or natural extracts e.g. vanilla extract, cocoa powder, peppermint extract, almond extract (1/2 drops)
- Food colouring (1/2 drops)

The Activity:

- Create your own bubble mix or using premade, add one or two drops of a particular scent. Please ensure that any mixture you use is safe for children to play with, check any allergies!
- Allow the children to experiment with blowing the bubbles, when they pop can they identify the scent? What does it remind them of? Do they like it? Where have you experienced that scent before?



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FEELINGS DIARY

Feelings Diary

Creating a feelings diary can help us to recognise and understand our emotions. Feelings come and go, so we might experience lots of different ones throughout the day. All feelings are ok and it is ok if we don't always feel happy. Use the diary to have conversations about different feelings and the things we can do to help us.

You could draw pictures or write sentences to fill your diary.

	Today I felt...	Two things that made me happy today ...
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

POETRY IN E-MOTION

Poetry in E-motion!

The following pages contain 7 simple poems about different emotions – happiness, sadness, surprise, worry, anger, pride and being frightened. Here are a few suggestions about how you might use them.

- Read one or more of the poems together and talk about them. Is the intended emotion clear? Which is your favourite/least favourite?
- Seven different emotions are represented here, but can you think of others?
- Choose an emotion and make up a poem of your own; remember they don't have to rhyme – it's about getting the feeling across.

Thinking of synonyms for each might be helpful.

HAPPY – joyful, ecstatic, pleased, amused

SAD – unhappy, miserable, blue, down, glum, heartbroken, upset

CALM – tranquil, serene, peaceful

ANGRY – irate, cross, vexed, irritated, displeased, enraged, furious

WORRIED – anxious, distressed, troubled, bothered, concerned

EMBARRASSED – self-conscious, awkward, uncomfortable, red-faced, sheepish, uneasy

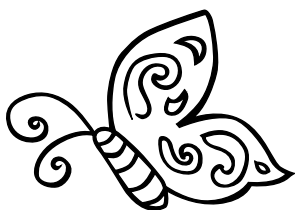
PROUD – satisfied, pleased with, conceited, self-satisfied, smug

SURPRISED – astonished, amazed, stunned, flabbergasted, startled, shocked

- Slightly older children might try to order the adjectives to demonstrate the nuances of different emotions and how they may be expressed.

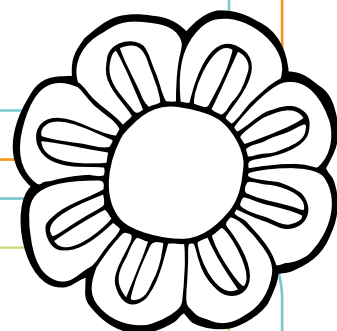
LEAST ← ————— → **MOST**
amused pleased **HAPPY** joyful ecstatic

- Draw pictures or patterns to represent each poem. What might happiness or anger look like?



POETRY IN E-MOTION

Happy is the best feeling,
Sunbeams from inside
Positive, cheerful, merry
Smiles so bright and wide.



Sadly, I am glum,
Unhappy, gloomy, blue
It's like a weight that's pressing down,
Do you feel it too?

(Very quietly...)

Creep, creep, creep, creep,
Push the handle,
Open gently,
Pull the door back and...

(SHOUT...)

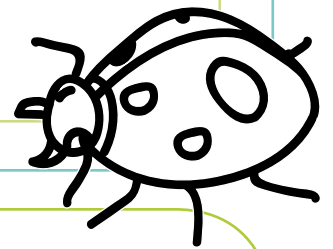
BOO!!!

Continued...

POETRY IN E-MOTION

Worries are like little worms that burrow in your head,
They eat away your confidence, leave nagging doubt instead,
I think too much for my own good, it sends me in a spiral,
If worries were on YouTube, then my brain would have gone viral!

GRRRR! I'm feeling angry,
I don't know what to do,
This feeling is so powerful,
From my head down to my shoe.
I want to shout and scream and cry,
Or even hit someone,
I think I'd better hide away,
Until the monster's gone.



I feel so full that I could burst,
It fills me up inside,
My teacher said my work was great,
I like this feeling, pride!

POETRY IN E-MOTION

Frightening

Robbers

Insects

Ghosts

Heights

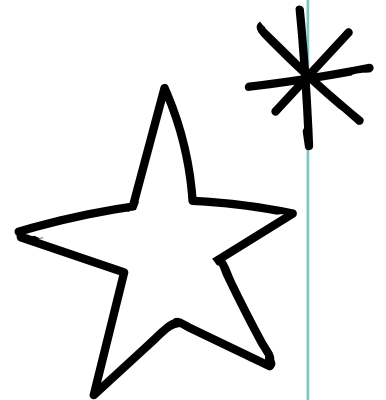
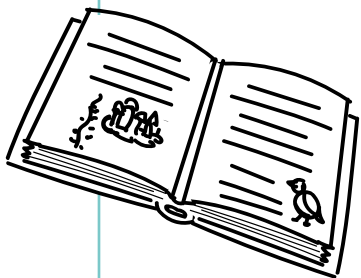
Tests

Enemies

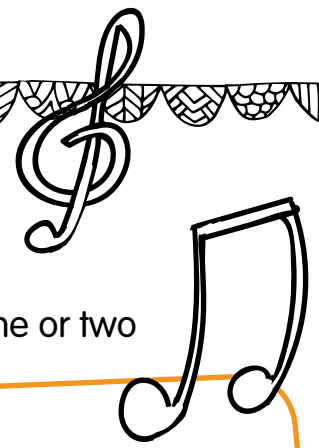
Nightmares

Explosions

Dark



F
R
I
G
H
T
E
N
E
D



Magical Music

Music is a brilliant way to reduce anxiety and have fun! Why not try one or two of these simple ideas.

Follow my Leader

The leader chants a familiar rhyme, such as 'One potato, two potato'.

The followers use a tambourine, drum, box or pan and tap it at the same speed as the leader. Next, try changing the volume of the chant.

Can the follower hear the differences and respond to them?

Swap roles and perhaps walk around the room as you chant and play.

Dance and Freeze

Everybody loves this game! Play a favourite song and as soon as the music stops everybody freezes. Who will be the first to move?

Emotional Singing

Choose a song you all know well. Write a list of emotions and cut them out separately. Without showing it, pick one out and sing the song using the chosen emotion. Can anyone guess which emotion you are using?

Word Play

Choose a familiar song and sing it together, for example, 'She'll be coming round the mountain'.

Choose a few instruments, or different boxes or shakers if instruments are not available.

Link each instrument to a word of the song. The player must only play when they hear their word.

E.g. She'll/she - tambourine
mountain - triangle
coming/comes - recorder etc.

Create a Storm

Children sit in a circle. Begin with the wind coming by circling palms on a hard floor. Tap fingers on one hand gently, then slightly harder. Use fingers on both hands, then hit palms of hands quickly on the floor as the rain is at its strongest.

Do it in reverse as the storm passes away.

The Dinner Train Chant

Coffee, coffee, coffee, coffee	Cheese and crackers (x4)
Cake and custard (x4)	Beef and carrot (x4)
Fish and Chips (x4)	Soooooooouuuuuuup!

The idea of this chant is to make the rhythm of a train, using repetition of different phrases. Can you think of any other food phrases that would fit?

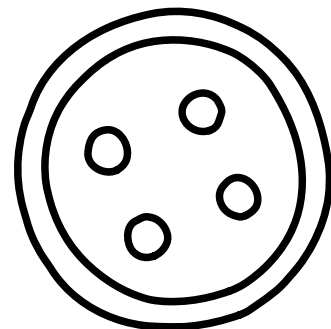
Experiment by going slower and faster, quieter and louder.

Try walking around the room, using your arms as the wheels of the train!

Sound Hunt

Fill suitable small containers with things that will make different sounds when shaken. Make multiples of each depending on the size of the group. Give each child a shaker. They must walk round and find someone with the same sounding shaker as themselves.

Children will love trying this very funny and memorable chant with actions!



Hi, my name is Joe (button factory)

Hi, my name is Joe,
And I work in a button factory,
And one day my boss came up to me,
She said: 'Joe', I said 'Yo!'
She said: 'You busy?', I said 'No'
'Can you push this button with your right hand?'
(Pretend to push a button and keep it going through the next verse!)

Hi, my name is Joe,
(As previous verse until last line)
'Can you push this button with your left hand?'
(Pretend to push a button and keep with going both hands.)

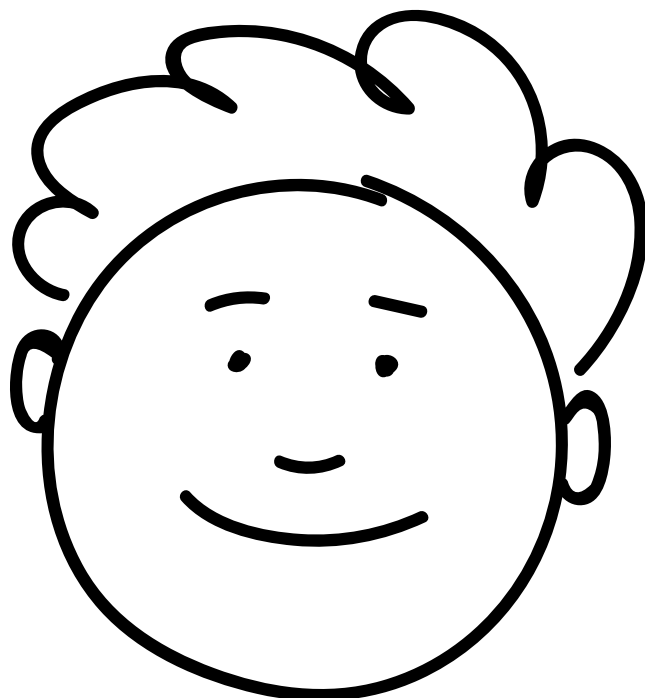
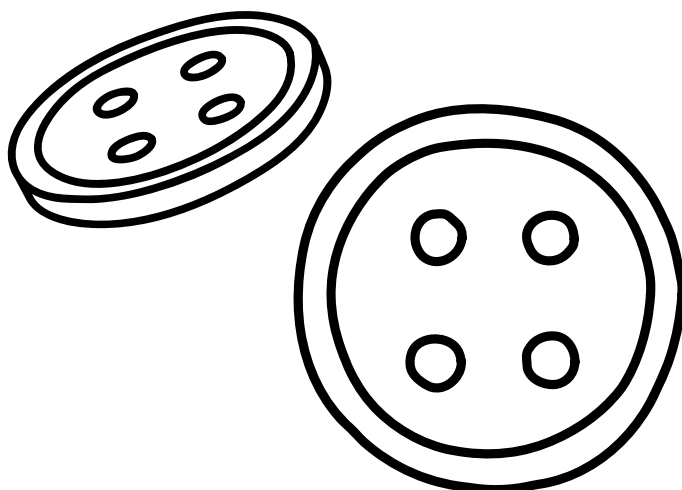
Hi, my name is Joe,
(As previous verses until last line)
'Can you push this button with your right foot?'
(Pretend to push a button and keep it going through the next verse!)

Hi, my name is Joe,
(As previous verses until last line)
'Can you push this button with your left foot?'
,

Hi, my name is Joe,
(As previous verses until last line)
'Can you push this button with your head?'
,

Hi, my name is Joe,
(As previous verses until last line)
'Can you push this button with your bum?'
,

Hi, my name is Joe,
And I work in a button factory,
And one day my boss came up to me,
She said: 'Joe', I said 'Yo!'
She said: 'You busy?', I said 'YES!'
,



TACTILE COLLAGE

Tactile Collage

You will need:

- Large sheets of paper or card
- Material off-cuts, scraps of bubble wrap, corrugated card, foil, buttons, pompoms, wool, cotton wool, tissue paper, rice, beads etc.
- Glue/glue sticks



Introduction

Our senses are how we experience the world, so are essential to consider when thinking about how we feel.

There are 5 main senses. Name them together – sight, hearing, smell, taste, and touch.

Touch is often not considered as important, but we can be incredibly sensitive to it. What feelings do children like/dislike? How would they like to have to sleep with a cover made from scratchy twigs or made from plastic?

Some people can detect the smallest crumb on their bed sheet. Perhaps mention or read the story of 'The Princess and the Pea'.

Find and put out as many different materials as you can. (They might be ready-cut into small pieces, or the cutting-up might be part of the activity.)

We are going to make
'feely collages'

They do not have to be pictures, but the pieces just need to be positioned and stuck down in a way that feels right to you.

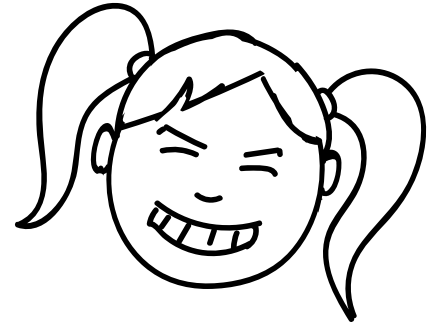
Please remember - some children seek out tactile stimulation, whilst others are particularly sensitive to it. We can encourage but must never force or trick a child to touch anything they do not want to. Also, a child's sensory needs can change from day to day – they might like to be wrapped up in a big blanket one day, but the next, find it restricting and awful.

LET'S GET LAUGHING

Let's Get *Laughing*

Laughter is often regarded as the best medicine. It helps to raise our levels of oxytocin which makes us feel better.

Here are some jokes that will hopefully get you laughing.



What is a cat's favourite colour?

Puurrrr - ple

What do you give a sick lemon?

Lemon-Aid

Why did the banana go to the doctor?

Because it was not peeling well

What do you call a dinosaur that talks and talks and talks?

A dino-bore!

Why is Cinderella bad at sport?

She always runs away from the ball

Why was 6 afraid of 7?

Because 7,8,9

[Seven eight (ate) nine]

How do oceans say goodbye?

They wave

Why did the kid put sugar under his pillow?

So he would have sweet dreams!

What do you get when you put three ducks in a box?

A box of quackers!

Why did the maths book look so sad?

Because it had so many problems!

Can you think of any more jokes to share with your family and friends?

MINDFULNESS BEADS

Mindfulness Beads

You will need:

- Air-dry modelling clay – coloured or grey/terracotta
- Paint and brushes (if using grey/terracotta modelling clay)
- Plastic needles, skewer or similar (to make holes)
- A sturdy threading material (such as embroidery cotton, shoelaces, or string)
- PVA glue (optional)
- Paper and pencils for designing

It is possible to make your own clay substitute using:

*4 cups flour
1 cup salt
2 cups water
Mix and knead for a few minutes*

Introduction

Explain that you will be making a bracelet or fidget toy, either for yourself or as a gift for someone else. You will be designing them and making your own beads.

This simple, tactile, and calming activity will need to be done in stages.

1. Design your bracelet or fidget toy.

Think about: What colours you would like to use.

Do you want to create a pattern or have a more random design? Do you want your beads to be the same shape and sizes or would you prefer a variety?

Do the beads have to be round? How many beads would you like?

Have go at drawing a design.

Use this space to draw your design.



2. Make the beads and leave to dry.

Once you have thought about the sort of bead string you would like, you can now start to make your own beads.

Use the clay and shape your beads however you like. Remember the beads need to be big enough to be able to poke a hole through. Make enough beads for your design (and a few extra in case of cracks or breakages.)

Using a plastic needle, poke holes through each of the beads while the clay is still malleable, then leave to dry. (If you have made the salt-dough clay, place on a baking tray on a low heat until hardened.)

If there are a few people making them, put your beads onto a paper towel and add your name to avoid mix-ups.

3. Paint the beads.

Decorate with poster or acrylic paint and leave to dry.

(Optional) Paint over with PVA glue to add a sheen.

4. Thread and complete the bracelet/fidget toy.

Refer to your design, threading the finished beads onto your string.



Use your beads to help with anxious feelings.

Feel the beads. Can you feel the different shapes, sizes, and textures?

Touch each bead, one at a time, and take a slow breath in and out for each one.

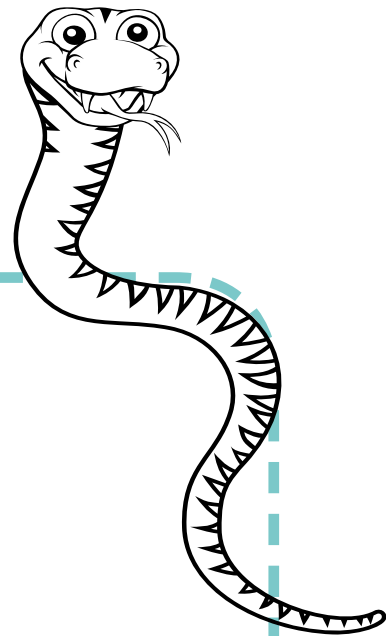
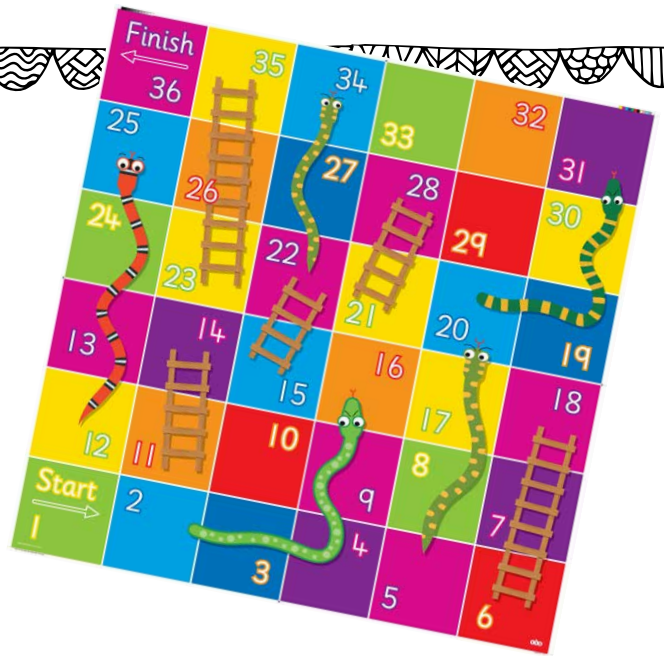
Touch each bead and think about something you are grateful for or something that makes you happy.

FEELING GOOD

Feeling Good

Design your own 'feel good' snakes and ladders game.

1. Using the templates on the next page, draw your own or colour and stick on a selection of snakes and ladders. You can choose how many of each you want but try to have more ladders than snakes.
2. Create a selection of positive statements that would help to build your confidence. You can use the box below to write them down.
3. Write a positive statement at the bottom of each ladder.
4. Play your game and see how positive statements help us and make us feel good!




Plan your positive statements here ...
For example, 'Remember my strengths'

"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."

The Twits by Roald Dahl

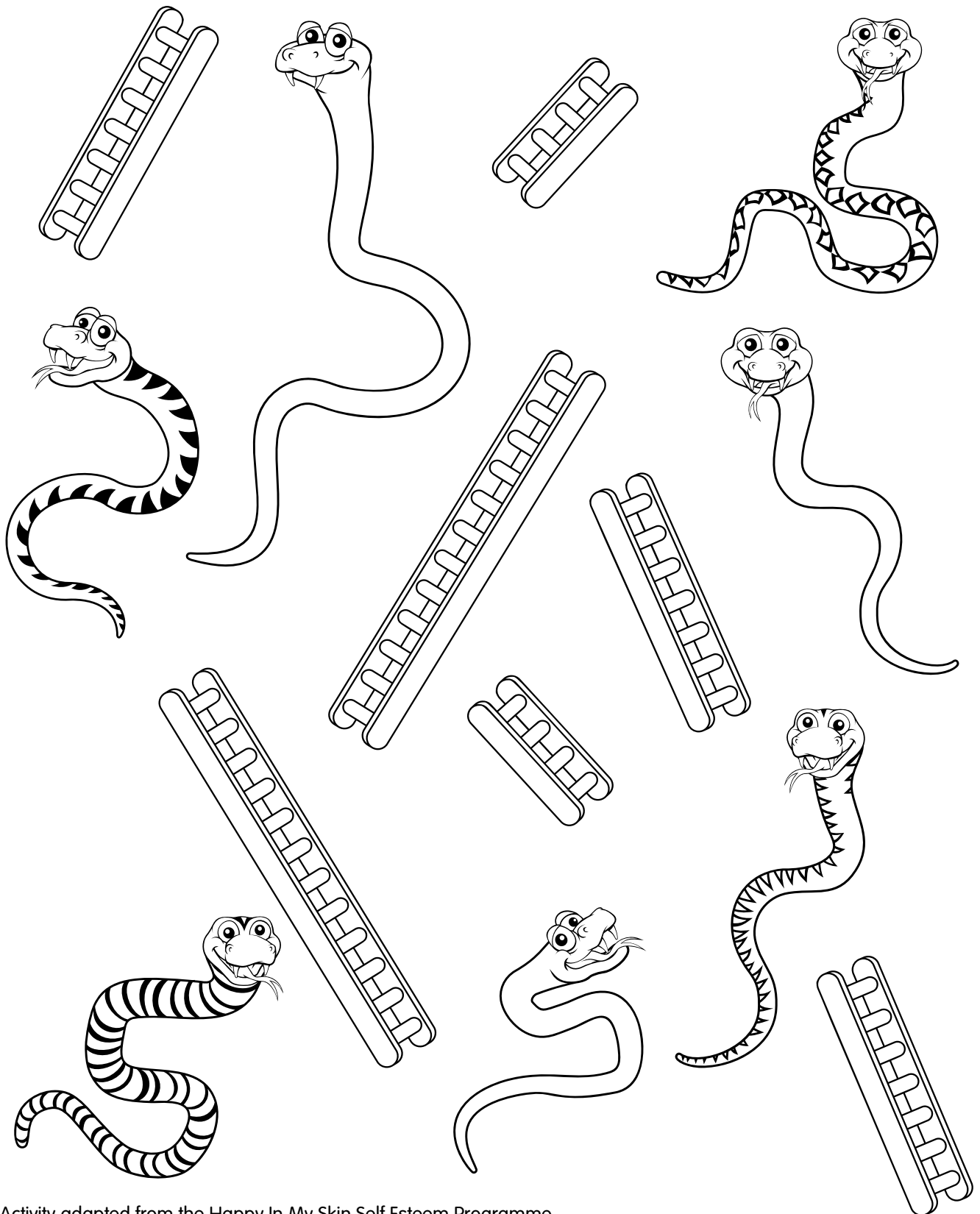
FEELING GOOD



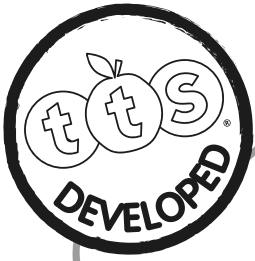
40	39	38	37	36
31	32	33	34	35
30	29	28	27	26
21	22	23	24	25
20	19	18	17	16
11	12	13	14	15
10	9	8	7	6
1	2	3	4	5

Feeling Good

Either draw on your own snakes and ladders or cut out some from this page to use.



Activity adapted from the Happy In My Skin Self Esteem Programme.



Always

believe

you
can!



RESOURCES LIST

We want to say a *huge thank you* to all of our educational experts whose activities have been used throughout the book.

Here are references to the specific resources that have been used:

Page	Activity Title	Resource Used	TTS Code	Consortium Code	Author
4	All About Me	A Tummy Full Of Fireworks Workbook	SD12352	048441	Pam Sayer
8 and 9	Calming Cat Cards	Calming Cat	PS10105	046562	Paula Williams
15	Get Moving	Sensory Movement Breaks	SD12338	048436	Alison Harris
16 and 17	Emotion Emojis	Emotion Faces Throw Down Spots	PS10055	045947	TTS
22 and 23	Sensational	Sensory Den Activity Cards	SD10085		Beccie Hawes
36 and 37	Feeling Good	Happy In My Skin Self Esteem Development Workbook	SD12350	048439	Pam Sayer

