

“I feel worried”... let’s make a worry eater

What you will need:

- Tissue box
- Art and craft materials
- Paper or card
- Glue
- Scissors



How to make a worry eater:

- Find an empty tissue box
- Decorate it with paint/paper/card/sequins/pens
- Cut out some teeth and stick it to the inside of the hole in the box
- Stick on some googly eyes

How to use a worry eater:

Talk to your child about things that worry them. Encourage them to write or draw pictures of things that make them feel worried and put them into the worry eater’s mouth. Tell your child that the worry eater will look after their worries, so they don't have to, e.g. whilst sleeping or at school.

Encourage your child to tell you when they have put a worry in the box and ask them if they feel able to share this with you. It is helpful to keep the worry eater somewhere safe and accessible to your child, so you can revisit the worries in there with them.

Throw away any worries that they no longer have.

“I feel scared”... let’s make a safe space

What you will need:

- A clear space
- Any of the below:
 - Blankets
 - Towels
 - Duvet
 - Cushions
 - Pillows



How to make a safe space:

Find somewhere that you and your child can put large sheets of material over furniture, e.g. dining chairs or the end of a sofa or anywhere that will make a good support for your roof. Once you have a roof, put comfy things inside. Encourage your child to put some of their favourite toys in there too. Fairy lights can make it feel very relaxing and perhaps you could have some music on as well.

How to use the safe space:

Encourage your child to wrap themselves in a comfy blanket and explore their new safe space. This safe space idea can be used in so many places indoors and outside!

“I feel different”... let's make feelings biscuits



What you will need:

- Round biscuits
- Icing and items to make faces:
 - cut-up grapes for eyes
 - strawberries or other fruits for a mouth
 - your favourite sweets

How to make feelings biscuits:

Set out your biscuits, icing and other decorating items.

Talk together about different feelings your child has, e.g. happy, sad, scared, angry etc.

Using the icing and decorations, help your child to make a face of that feeling on each biscuit.

How to use the feeling biscuits:

You could take a photo, print it and then use them as feelings cards to help your child tell people how they feel. Once you have taken photos, enjoy eating the biscuits!

“I feel angry”... let’s make a sensory bottle

What you will need:

- An empty clear bottle
- Sticky-back plastic
- Food colouring
- Water
- Small pictures of your favourite things e.g. Cartoon characters or sports players



How to make a sensory bottle:

Help your child to find pictures of their favourite things and cover in the plastic so they are waterproof.

Cut out the pictures and put them into the bottle.

Fill the bottle with water so the pictures float around. You could add some food colouring to the water to make it look really cool!

Screw the lid on tightly and shake the bottle.

How to use a sensory bottle:

Using a sensory bottle can help your child to calm down. When they get angry they may want to sit with a grown up and see if they can find all of their favourite things in the bottle. Talk to the child and ask them to spot all of their pictures as they float around? This may help your child to think of nice things again.