



The Den

Weekly activity choices

20th March



Below are a few activities you can do with your child to encourage their emotional well-being. Pupils will be able to access resources and activities at Microsoft Teams by using their Glow login at www.glow.co.uk

Recognising and talking about emotions:

- **Feelings cards 1&2:** Choose a few to start with and add more each day. Instructions on the sheet.
- **Calming star:** Think of an unhelpful feeling - worried, upset, scared - and write it in the middle of the star. Talk about five things you could maybe do to help you feel better e.g. 'When I feel upset I talk to my brother; read a good book; take deep breaths...' Write your ideas in the points of the star. Decorate the star, and then fold it up to make a pyramid and keep it for whenever you need it.
- **What can I do when I'm feeling bored?** Read the sheet together and have a chat. Then create a mind map or list of great ideas.

Kindness and caring

- **Genie wishes:** focus on thinking about others
- **Penguin** (illustration from *Penguin* by Polly Dunbar)
Have a chat about the picture:
Who makes you feel like this?
Why are they special?
Describe how you feel.
How do you think *they* feel?

Self-esteem and confidence:

- **Words of encouragement** mindfulness colouring sheets - great to work on together over a chat.
- **'I'm an amazing person'**. Think about all the reasons why you are wonderful!
- **'Would you rather...'** Cards which can be printed or just viewed. These cards help to build confidence in making choices.

Moments of calm

- **5-Star breathing.** Cut out the star. Hold one of the points and take a deep breath in through your nose then out through your mouth. Move on to the next point, breathing quietly and calmly. By the time you reach the fifth point you should feel much calmer.
- **Cosmic kids yoga** <https://www.cosmickids.com>: 15 minutes of calming exercise you can share with your child. 'We're going on a bear hunt' is nice for the younger ones.
- **Mindfulness challenge cards.** Choose one a day to try together.