



# The Den

## Weekly activity choices

### 11<sup>th</sup> May



Below are a few activities you can do with your child to encourage their emotional well-being. The activities encourage talking about your emotions and taking care of your feelings, as well as looking after the people around you.

Anyone can access these activities - have a look and see which you would enjoy!

Pupils who come to 'the Den' in school will be able to access resources and activities at Microsoft Teams by using their Glow login at [www.glow.co.uk](http://www.glow.co.uk)

#### Recognising and talking about emotions

- **Family feelings:** Could you be a reporter? Just imagine you are! Find a microphone (a toilet roll tube, a pencil or a stick perhaps) and interview everyone in your house. Focus on good positive feelings, and ask them what makes them most ...

happy                  hopeful                  thankful  
calm                    proud                    loving  
interested            inspired                  amused



- **It's ok to be angry:** Sometimes we feel angry, and it can be difficult to find a way back to feeling ok again. Have a look at the 'It's ok to be angry' sheet and think of 5 strategies **you** could use to help you if you feel a bit angry or upset. Draw up your own poster with five pictures to show what you could do to help. (see activity)

#### Kindness and caring

- **Super Helper:** Right, this is your week to be a *super helper*. Imagine yourself as a kind of superhero, and your special power is to make things easier for the people you care about.  
*What will you do to help?*  
*Do you have brothers or sisters who could join in?*  
Create a skyscraper for your ideas.  
(see activity)

#### Self-esteem and confidence

- **My strengths in a cloud:** What are you good at? Create a cloud of all your strengths and put it up on your wall to remind yourself how wonderful you are! Ask your family what they think too. (see activity)



#### Moments of calm

- **Balloon breathing:** Imagine you are holding a balloon, ready to blow it up. Breathe in deeply through your nose, and then breathe out lots of air into your balloon to blow it up. Do this few times, imagining your balloon getting bigger and bigger.  
*As you breathe in think: I am happy.*  
*As you breathe out think: I am relaxed*
- **Cosmic kids yoga:** <https://www.cosmickids.com>

