



# The Den

## Weekly activity choices

### 15<sup>th</sup> June



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

- **All in the heart:** Draw a heart and fill it with all the people, places and things which are special to you and hold a special place in your heart. Also include all the people who love you and care about you. (see example).



- **Calming star:** Which unhelpful feeling sometimes bothers you - are you sometimes worried, upset or scared? Talk about things you could maybe do to help you feel better.

e.g. 'When I feel upset I chat to my dad; draw a picture; take 5 deep breaths...'

Write your ideas in the star. Decorate it, and fold it up to make a pyramid and keep it for whenever you need it. (see activity)

#### Kindness and caring

- **Saying thank you:** Take time to think of all the things you could say thank you for today.

**Does someone read you a story?** Say thank you and tell them which story you like best, and how it makes you feel.

**Who makes your meals?** Say thank you and offer to help them next time.

**Who keeps you safe?** Say thank you and let them know how special they are to you.

What else could you say thank you for?



#### Self-esteem and confidence

- **Be all you can be!**  
It is a few weeks until you are back at school - what new skill do you think you could learn before then? Set yourself a target and keep a note of how well your skill is coming along.  
(see activity)



#### Moments of calm

- **Flower breathing:** Imagine a little flower lying on the palm of your hand. Breathe in as if you are smelling the flower; breathe out as if you are gently blowing the petals, just enough to make them move.

As you breathe in think: **I am happy.**

As you breathe out think: **I am relaxed**

- **Cosmic kids yoga:** <https://www.cosmickids.com>

