



The Den

Weekly activity choices

18th 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

Recognising and talking about emotions



- **Big emotions hive:** When your emotions feel too big and you are feeling angry, sad, frustrated or upset, you might need to find ways to handle these emotions. Look at the ideas the bees have in their hive, and then try to draw your own hive with your ideas. You can include as many hexagon parts as you want. (see activity)
- **Monster emotions:** Have fun creating your own monsters to show different emotions, and then see if anyone in your house can guess how your monsters are feeling. (see example)

happy angry confused sad
excited surprised scared shy

Kindness and caring

- **Kindness bingo:** Try to achieve as many of these acts of kindness as possible in one week. Can you manage four-in-a-row to get Bingo? (see activity)



Self-esteem and confidence

- **Feeling positive cards:** Play this with your family to boost everyone's self-esteem. You can use the cards given, or make your own. (see activity)
- **I'm great wordsearch** How many of the words are perfect for you? (see activity)

Moments of calm

- **Bug safari:** Go into the garden, or any wild space like the woods or the park. Crouch down low and turn over stones, look under leaves, and find all the little bugs you can. Watch them move, and pay close attention to all the little details of their bodies. Study their legs, their wings and listen for any noise they make. Smell the earth and the plants. This is your *mindfulness bug safari!*
- **Feather Breathing:** We have done this one before! Take a clean soft feather and hold it still in front of you. Blow it very gently with 5 long, deep breaths, so that it barely moves. You will feel calm and settled.
- **Cosmic kids yoga:** <https://www.cosmickids.com>

