



# The Den

## Weekly activity choices

### 1<sup>st</sup> June



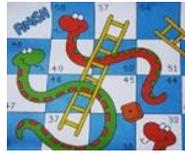
Below are a few activities you can do with your child to encourage their emotional well-being. The activities encourage talking about your emotions and taking care of your feelings, as well as looking after the people around you.

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

- **Family feelings:** Create a family game for lockdown. Perhaps it could be a version of Snake and Ladders. Every time you go up a ladder you can say something you like about lockdown; every time you go down a snake say something which is not so good, and have a chat about it. Could you make it better?
- **The Colour Monster:** This is a super picturebook which explains all about feelings: The **Colour Monster** wakes up one day feeling very mixed up. His emotions are all over the place; he feels calm, angry, happy, sad and scared, all at the same time. A little girl kindly shows him what each feeling means through colours. You can access the book on youtube.



#### Kindness and caring

- **Portrait:** Draw a portrait of someone special to you, especially someone who you don't get to see very often. Draw a frame around your picture and then give it to them to hang on their wall. It will make them feel very special.



#### Self-esteem and confidence

- **The great wall:** Make your own great wall, of everything you are great at. Use post-its, or pieces of paper. Every time you think of something else you should be proud of, write it down and you have another brick in your great wall. Call it 'The Great Wall of ....' (your name ☺)

#### 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.  
As you breathe in think: **I am happy.**  
As you breathe out think: **I am relaxed** (see activity)
- **Mindfulness challenge cards.** Choose one to try with an adult in your house (see activity)
- **Cosmic kids yoga:** <https://www.cosmickids.com>

