



The Den

Weekly activity choices

20th April



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:

- **Arty emotions words:** Design your emotion words as if they are emotions themselves. Get creative. (see activity)
- **Superheroes:** Design a superhero for the emotion you are feeling right now. Do you feel happy, calm, annoyed, upset, delighted? For example you might be Captain Calm! What superpower does your superhero have? If your emotion does not feel good, how can your superhero help you to feel better?
- **Emotions and pictures:** Match the emotion words to the pictures. You might have different ideas from your family. What do they think? (see activity)
- **Emotions Stones:** Have fun creating a little stone family, showing all the emotions you might feel. (see activity)

Kindness and caring

- **Kindness hive:** How could you be helpful at home? Use the hexagon shapes you find in a beehive to create a picture of all the ways you could be kind and helpful with your family. (see activity)



Self-esteem and confidence:

- **When I feel confident:** A thinking activity to boost your self-esteem, and to recognise what it feels like to have confidence. You might think being confident feels like a roaring tiger, or the colour red, or even like a ringing bell. (see activity)

Moments of calm

- **Mindfulness partners:** Ask an adult at home to be your mindfulness partner. Look at the activities on the sheet and choose one to try. Have a chat about how you both feel. (see activity)
- **Calm jar:** Use a calm jar to help you think of all the things which could help you to feel calm, happy and settled today. (see activity)
- **Hand doodle art:** Draw around your hand and then go crazy making it as colourful, bright and cheerful as you can. (see example)
- **Cosmic kids yoga:** <https://www.cosmickids.com>