



The Den

Weekly activity choices

27th 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:

- **Family art:** Take the biggest piece of paper you have and ask everyone in your house to join in, drawing some pictures on the sheet about anything which makes them happy. Where will you hang up your super happy family poster? (see example)
- **Climb the beanstalk:** Although we are away from school just now, thinking about all the things we are enjoying at home can make us feel much better. Think about everything you have enjoyed over the last week and add them to the beanstalk. How high can it grow?

I have made a cake; I have played with the hose with my dog; I have watched a robin in my garden - I think it might be nesting.

What about you? (see activity)



Kindness and caring

- **Superhero you:** Why are you a superhero for your family? Are you kind, or helpful? Do you listen if someone needs to talk? Do you play games with your brother or sister? Or maybe you are just fun to be around. Draw a picture of superhero you!
- **Folding heart:** make a special heart to show someone you care (see activity)
- **A caring call:** Ask an adult if you can phone an older relative to have a chat. It will really cheer them up.



Self-esteem and confidence:

- **Way to go!** We always feel better if we know we are improving at something. Go outside to your garden or find a safe place in the house and set yourself a challenge which you will try to beat every day. You might not always manage, but you can try!

I can run up and down the garden in 20 seconds

I can do 15 star jumps before I want to stop.



Moments of calm

- **Mindfulness teddy:** Choose your favourite teddy or soft toy for this activity (see activity)
- **Nature art:** Choose something to draw that you can see outside- a bird, flower, tree, snail. Either colour it using its natural colours, or go crazy with all the wrong colours for a special effect (see example)
- **Cosmic kids yoga:**
<https://www.cosmickids.com>