



The Den

Weekly activity choices

27th 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

- **Feelings:** Use the animal 'feelings cards' to think about **good** feelings and **not so good** feelings.
Which feel *really* good, which would you rather you never had to feel. Draw your own animal versions of the good ones and think about what people, activities and things make you feel like this (see activity cards).
- **I'm feeling a bit sad today:** Some days we might feel a bit sad. It is a good idea to talk to someone about this, but there might also be other ways to help you feel better. Write or draw your ideas on the activity sheet (see activity)



Kindness and caring

- **Kind:** Take ten minutes out of each day to do something to help someone else, or to make someone feel better.
What could you do?
Have a long chat
Do the dishes
Read someone a story
Hang out the washing
Phone a friend
Play their favourite game
Write down how it makes **you** feel when you help someone else. Make your words into a special word picture (see activity).



Self-esteem and confidence

- **Be kind to yourself:**
We try to be as kind as we can to others, but it's also important to be kind to **yourself**. Use the activity hearts to think of lots of ways to be kind to **YOU** (see activity)



Moments of calm



- **Rainbow breathing:** Let's try this one again! Stand with your hands by your sides facing your partner. Breathe in as you lift your arms up straight to draw a rainbow, and breathe out as you let them fall back down again. Imagine the colour you have just drawn in the air. Every time you draw another colour with your arms, take a deep breath in and back out again. By the time you have drawn the whole rainbow you will be feeling much calmer.
- **Cosmic kids yoga:** <https://www.cosmickids.com>