



The Den

Weekly activity choices

30th March



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:

- **Emotions Board Game:** Play the game with your family. Roll the die, read the emotion word and talk about a time when you have felt like this.
- **Crafty ideas:** Check the sheet for some crafty ideas to help you think about people who help you and care for you. How do they make you feel?
- **Feelings cards 1&2:** Look at the cards from last week. Choose six emotions and try to design your own illustrations to show these. Think... which animals would suit which emotions?

Kindness and caring

- **A letter:** While everyone is stuck at home it would be lovely to write to an older relative who might be missing their family and friends. Think how delighted they would be to get a letter from you. It would brighten up their day and give them something to think about for a long time. Write lots and draw some pictures too.
- **Kindness colouring**

Self-esteem and confidence:

- **Self-esteem spinner:** Print out or draw the spinner wheel. Ask an adult to push a pencil carefully through the middle to create a spinning top. Spin and say e.g. 'I feel ... because...'. Write down all these great statements and stick them on the fridge to remember how wonderful you are e.g. 'I feel awesome because I helped my gran make her bed when she was tired.'
- **I can...:** A sheet to encourage a positive outlook. Fill in all the things you **can** do already. Then think what you can't do... **yet!** How will you learn? How will it feel?

Moments of calm

- **Feather breathing.** If you have a clean soft feather, hold it still in front of you. Blow it very gently with long deep breaths. Try to make it only just move, no more. If you don't have a feather then just imagine it is there, and you can still breathe in the same calm, gently way.
- **Squiggle art:** Very relaxing. Use a black pen to draw a random squiggle with lots of loops. Colour every section, but with no two sections beside each other coloured the same. See the example.
- **Cosmic kids yoga:**
<https://www.cosmickids.com>
- **Mindfulness challenge cards:** Try a variety of the cards and find which ideas work for you.