



The Den

Weekly activity choices

8th 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

Recognising and talking about emotions

- **The Huge Bag of Worries:**

This book is a super resource for helping to soothe fears and worries. Read it together and talk about your worries to help them feel more manageable. You can find the story on YouTube.



- **My worry bag:** Read or listen to the book (above) and then make your own worry bag to help you with your fears. You could use an old washbag, a shopping bag or even a paper bag to decorate (see activity)
- **Big feelings wordsearch:** Find all the emotions in the wordsearch. Colour them according to how they feel, so calm might be green, and angry might be red or black. It depends on which colour you think is the right one for you. (see activity)

Kindness and caring

- **Entertainer:** People are getting a little bored when they can't leave the house very much. Could you entertain the people in your home, and make them smile or laugh? What could you do?
make up a dance,
learn a song to perform
practice some jokes
read a poem
learn a magic trick
Have a go!



Self-esteem and confidence

- **All about me:** Think of five things which could tell someone all about who you are and why you are special. Create your very own *All About Me* box. (see activity)

Moments of calm

- **Wave breathing:** Lift your finger, close your eyes and draw your breaths in the air. As you breathe in your finger will go up, as you breathe out it will go down. Your breath will look a bit like big smooth waves. If you are calm, the waves will be calm and gentle like gently rolling water at the seaside.
- **Calm hand:** Create a calm hand, and keep it somewhere safe so you can use it when you are feeling upset. (see activity)
- **Cosmic kids yoga:**
<https://www.cosmickids.com>

