



HEALTH & WELL-BEING

Here are some activities you can do over half-term if you choose to. All of these activities are to help you look after your mental health and well-being.

Stay safe everyone!

Mindfulness Tasks



GRATITUDE

Make a poster to thank your postman/postwoman and any delivery drivers that bring food and other items to your house, then display it outside your front door, where they'll see it.



YOUR STRENGTHS

Talk (or write) about a time when you had to do something difficult and you got through it. Explore how you felt beforehand and how you overcame the challenge. Think about which character strengths you used to help you.



FAMILY OR GROUP STRENGTHS

Draw a strengths 'family tree' - either for your family, or for your group of friends, your class or your school. Think about how these character strengths you all have can help you overcome challenges together.



HAPPY PLAYLIST

Make a playlist of your favourite feel-good music. Keep adding to the playlist every day as you think of more music that makes you feel happy. Every day, spend some time dancing to music from your playlist.

If you are able to, get together with other people (e.g. at home, or friends via social media) and dance together to each other's playlists.



KEEP IN TOUCH

Every day, keep in touch with someone you can't see face to face. You can do this by phone, text, Skype, WhatsApp etc - use whatever technology you have available to connect with people you care about. This could be your friends, your grandparents, or other relatives, for example.



KINDNESS

Make a list of seven kind things you can do for someone else. This could be for people you live with (e.g. do the dishes one evening, tidy your room, read with your brother or sister) or people you don't get to see every day (send someone a compliment by text, draw a picture and send a photo of it to your grandparents, etc). Each day, do one of the seven kind things from your list.



**SPOT CHARACTER
STRENGTHS**

Watch a film, then talk with your family or friends (or teachers if you are at school) about the strengths you spotted in the various characters in the film. Give examples of how they used those strengths.

Worry Dolls/Sticks

<http://mollymoocrafts.com/craft-stick-dolls/>

<https://actuallymummy.co.uk/2013/09/26/how-to-make-worry-dolls-dhl-crafty-blogger-challenge/>

<https://www.mybaba.com/make-your-own-worry-dolls/>



Worry Dolls/Sticks

Worry Dolls



What are Worry Dolls?

Worry dolls are tiny dolls that children tell their worries to before placing them under their pillow at night.

The worry dolls take the children's worries away while they sleep.

They are a lovely opportunity to encourage children to talk about how they are feeling.

What to do:

- Break your sticks or twigs into small lengths (about 5cms).
- Wrap different colours of wool, ribbon or thread around your stick (use a skin colour towards the top for a face). Tie off the ends.
- Felt tip a face onto your doll.

What you need:

- small sticks or twigs
- wool, ribbon or thread
- felt tip pens

Sensory Bottles

<https://kimspireddiy.com/easy-sensory-bottles-fun-diy-sensory-bottle-ideas-how-to-make-calm-down-jars-baby-toddlers-kids-preschool-simple-kids-activities/>

<https://barleyandbirch.com/2016/01/make-a-magic-meditation-jar/>



Zen Gardens

<https://www.projectswithkids.com/zen-gardens-for-kids/>

<https://www.sunnydayfamily.com/2017/05/zen-garden-for-kids.html>



Exercise

Try to at least 30-60 minutes of exercise a day. Some ideas:

- Play tag with your family
- Ride your bike
- Do the Joe Wicks workouts
- Yoga
- Set up an assault course in your garden



Meditation

<https://www.gonoodle.com/>



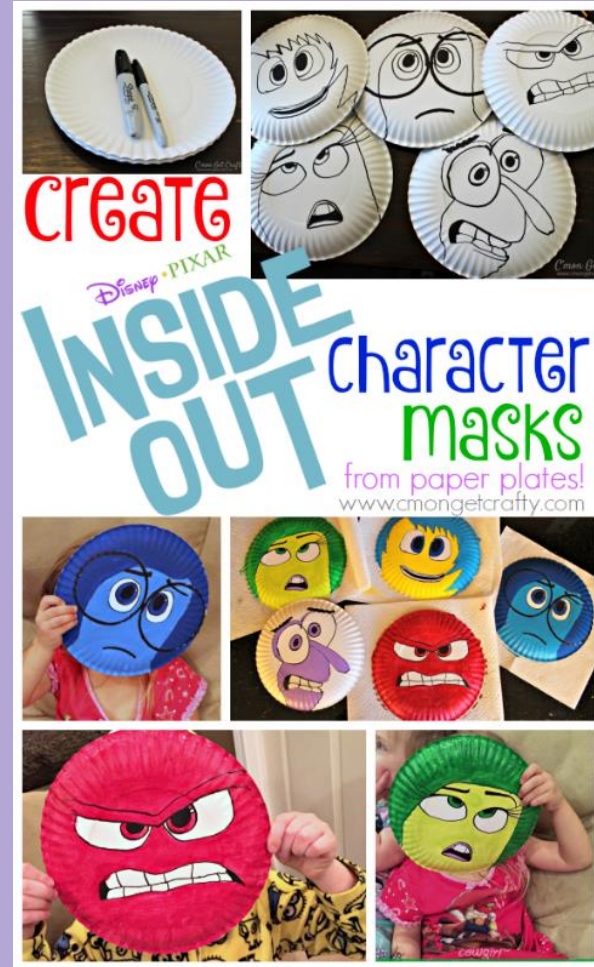
Cloud and Star Watching

When you look at the sky in the day, watch the clouds. Can you spot different patterns? Draw a picture of the clouds or imagine that you can see pictures in the different shapes.



Inside Out Masks

https://cmongetcrafty.com/inside-out-character-masks/?utm_content=buffer75d43&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer

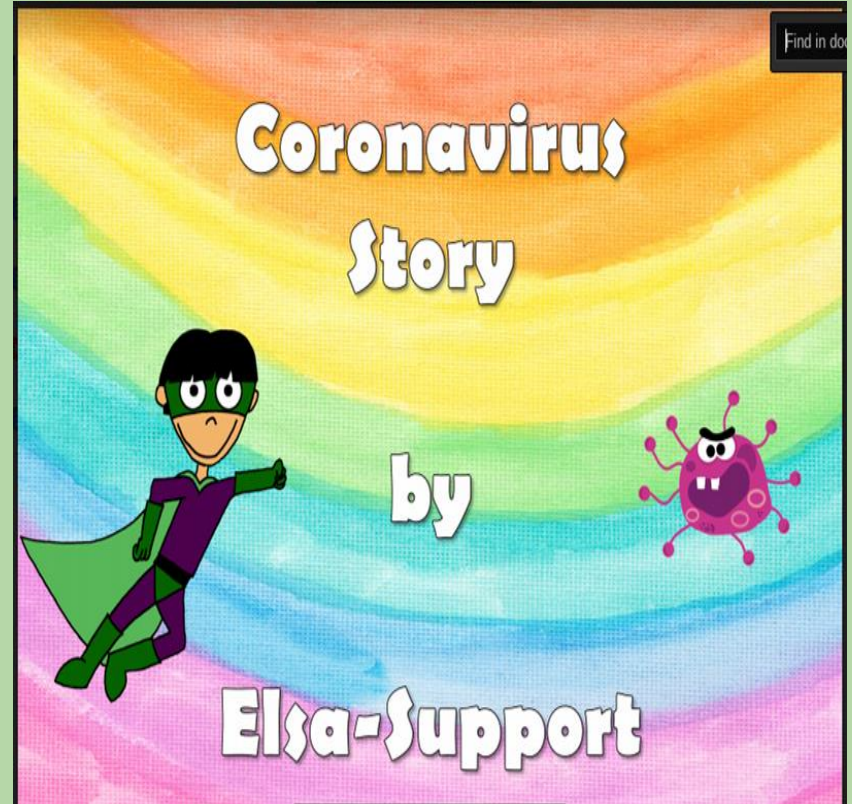


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'Kindness to Yourself' Challenge

<https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Kindness-to-yourself-challenge.pdf>



YoungMinds' Wellbeing Activity Calendar

YoungMinds' Wellbeing Activity Calendar

Looking after your wellbeing during self-isolation

Coping with the news and staying mentally healthy during self-isolation can be a challenge. For many of you, you're still adapting to working or studying from home, as well as trying to keep yourself and your family safe.

That's why we've created a Wellbeing Activity Calendar to help the whole family take 5 minutes a day to do an activity that will boost wellbeing and look after your mental health. These ideas might also inspire you for when you create your own funny videos for Britain's Funniest Family.

The activities may be things you can do virtually with family or friends, and can also be a great way for parents to provide a space to check in with their children during this time.

We would love to see how you use your Wellbeing Activity Calendar!

Send us your pictures using the hashtag [#BeanoFunFam](#) and tag [@YoungMindsUK](#) and [@BeanoOfficial](#) on Facebook, Twitter or Instagram.

YOUNG MINDS
AND BEANO





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Give a gold star Create a star template and each family member writes one for each other. Have some examples such as - "I give you a gold star for always making me laugh."	Enter Britain's Funniest Family Share your original, funniest video and take part in the ultimate challenge for Britain's Funniest Family . This can be your funniest song, dance, joke or prank.	Learn a new language... Or at least 5 words! Decide on a language for the day and learn the words for hello, thank you, and any others you want to know. Tip: Give a prize to whoever can remember the most words the next day.	Silly Stories Each person has to say or type one line as you make a silly story together. Tip: Go round in order of youngest first to avoid everyone speaking at the same time.	Three Good Things Write down 'three good things' that have happened this week. For each thing, think about how it made you feel and why. These could be anything from - I've worn my favourite slippers all week to I baked a great cake.
Start with a stretch Kick off your week with some stretching. Starting from the head, go down the body stretching out each part. Roll your neck, wiggle your fingers and rotate your arms...	Play our quarantine quiz Find out which quarantine character you are by taking part in our fun online quiz . This can be a fun way to keep your minds off the news.	Write a letter Write letters to other family members or draw them pictures to show that you're thinking of them. You could post them if you're able to, or show them over video call.	Quiet time Play some calming music and ask everyone to close their eyes and listen. Try to focus on your breathing. Tip: Try some yoga exercises or stretches with the music.	Get your body moving! Play a song for a few minutes, to shake off the tension and have a dance. Tip: Use this time to practice your funniest family dance!
Make a playlist Everyone in your family picks an uplifting song. Then send the finished playlist to everyone so they can play it during the day. Tip: you can use our playlist for inspiration.	Design a superhero Use our design a superhero activity to create your own super powers. Tip: sign up to #HelloYellow on our website to get more great resources like this.	Jumping Beans When someone shouts out a type of bean, everyone else has to do the action below. Baked bean: crouch down into a ball, Runner bean: run on the spot, Jumping bean: jump up and down, Magic bean: freestyle move!	I am grateful Write, or draw three things you are grateful for. Tip: You could extend this by creating a 'gratitude tree'. Use the purlal app so that each family member can add theirs on a virtual post-it.	Plan your weekend Create an itinerary with timings for your weekend - including things like lunchtime, movie night, crafty activity, read my book, make dinner.
Share some coping tips Some of you may be feeling anxious about the news. Share this blog with your older children, or explain this to younger members of the family.	Make a self-soothe box This can be a great way for the family to feel grounded when feeling anxious. Put sensory things in the box like playdough and peppermint. Tip: Read our blog to help you.	Have a good news day Find three positive news stories online or follow three positive news accounts on social media like The Happy Broadcast or The Happy Newspaper . You can also #OwnYourFeed with YoungMinds.	Funniest family song! Put on any song and have a sing along together. Tip: you can find the lyrics to almost any song on YouTube .	Have a rest day Sometimes we can feel pressured to be productive while we're all at home. But it's important to rest and look after ourselves. What is the family doing for self-care this weekend?

Keep a wellbeing diary

Wellbeing Diary

Keep on top of your wellbeing either at home or at school. Good for adults too!


 


Wellbeing Diary


Date: _____


Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	


Wellbeing Diary

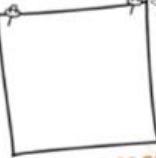
 **Proudest moment**


 **Helping hand**

 **Happiest moment**

 **Achieved**

 **Relaxing moment**

 **Funniest moment**

ELSA support 

20 indoor activities..




- | | | |
|----|---|--------------------------|
| 1 | Indoor camping - make a fort or tent out of blankets/furniture. Turn off the lights and use torches to explore. | <input type="checkbox"/> |
| 2 | Group yoga class - take turns to lead a session. Silly poses welcome! | <input type="checkbox"/> |
| 3 | Teach yourself a magic trick using an online tutorial/video and perform it for your family members. Can they guess how it was done? | <input type="checkbox"/> |
| 4 | Hot seating - you or a family member can pretend to be a favourite TV/story/video game character. Encourage everyone else to 'interview' the person in the hot seat. | <input type="checkbox"/> |
| 5 | Play board games, card games or complete a big jigsaw puzzle as a family. | <input type="checkbox"/> |
| 6 | Learn another language. Use the Internet to learn how to say 'hello' in different languages. | <input type="checkbox"/> |
| 7 | Write a diary entry every day as if you are an alien who is stuck living with a weird human family on Earth. What normal things have your family done today that would seem really strange to an alien? | <input type="checkbox"/> |
| 8 | Create question cards to pick at random ask to one another, such as 'What is your earliest memory?' or 'What is your favourite colour?'. | <input type="checkbox"/> |
| 9 | Using basic craft materials, like cardboard tubes and boxes, make a puppet show that you can perform using a torch to create shadows on the wall. | <input type="checkbox"/> |
| 10 | Charades - act out a TV show, book, film or song for others to identify. | <input type="checkbox"/> |

20 indoor activities continued...




- | | | |
|----|---|--------------------------|
| 11 | Make a simple bird feeder to hang outside. | <input type="checkbox"/> |
| 12 | Sort through old/unwanted clothes or material scraps and use a home sewing kit to repurpose the fabric. You could make your own teddy or cushion. | <input type="checkbox"/> |
| 13 | Baking/cooking - can you make a snack or meal out of limited resources? | <input type="checkbox"/> |
| 14 | Edit and improve your favourite story. Can you swap the author's adjectives for more effective words? | <input type="checkbox"/> |
| 15 | Research happy news articles from around the world and make your own happy news bulletin, newspaper or TV show. | <input type="checkbox"/> |
| 16 | Think of a fundraising craft you could make using basic materials. You could sell these at a later date to raise money for charity. (e.g. balloons filled with salt as 'stress balls', hand-drawn badges, keyrings) | <input type="checkbox"/> |
| 17 | With a sibling, have a competition of who can build the tallest free-standing tower using a set number of pieces of dried spaghetti and one 30cm piece of sticky tape. | <input type="checkbox"/> |
| 18 | Think of six games/activities you would like to do. Make a spinner using paper, a pencil and a paperclip. Whatever the spinner lands on is the activity to do first! | <input type="checkbox"/> |
| 19 | Create your own code. Change each letter of the alphabet for a picture or symbol and write a secret, coded letter to a sibling/parent/carer. Can the recipient decode it? Can they make up their own code, too? | <input type="checkbox"/> |
| 20 | Drawing session - spend family time creating artwork of pets, family members or favourite animals. Create your own art gallery to display your artwork. | <input type="checkbox"/> |

Daily Kind Acts




Daily Kind Acts




☐ Tell someone how much you love them. ☐ Help make dinner. ☐ Feed the birds.

☐ Leave a happy note somewhere for someone to find. ☐ Teach someone something new.

 ☐ Give someone a hug to show how much you care. ☐ Smile at everybody.

☐ Make a get-well card for someone. ☐ Tidy your bedroom without being asked.

☐ Give someone a compliment. ☐ Write a list of things you are grateful for.

☐ Make someone else's bed (as well as your own). ☐ Pick up some litter. 

☐ Tell someone three things you love about them. ☐ Do something nice for a neighbour.

☐ Drink lots of water. It's much easier to be kind when you feel healthy and energetic.

☐ Write and send a letter to someone. ☐ Complain less (or not at all)!

☐ Leave something on the doorstep for a next-door neighbour. ☐ Make a positivity poster.

☐ Remember to say please and thank you. ☐ Use less energy to be kind to our planet.

☐ Draw a picture for a friend, neighbour or family member.

☐ Tell a joke, watch a silly video or do something that makes you and others laugh!

☐ Recycle paper. Try to be as inventive and creative as you can with it!


☐ Share something you love with a friend or family member.

☐ Say good morning and goodnight to everyone in your household.

☐ Hide little messages around the house for others to find.


☐ Offer to help a family member with something.

☐ Practice self-kindness by doing something you enjoy.




14 Day Home Challenge


<https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Coronavirus-home-challenge>



ELSA SUPPORT 14-day Home Challenge

Click the BLUE writing to take you to a resource which you can download and print.

5 day Kindness to yourself challenge How can you be kind to yourself? This is 5 sessions of activities so you can choose to do it all in a day or do it over a full week. Being kind to yourself will really help your wellbeing	Bucket full of happiness What makes you feel happy. Can you fill the bucket right to the top with all the things that make you feel happy?	Rainbow mood tracker Can you track your mood with this mood tracker. Colour in a bit of the rainbow each day. Wonder what your finished rainbow will look like?	Relax tips Read through the relax tips and see if you can come up with some things that help you to relax.	Wellbeing Rainbow Can you do the five things you need to do each day to help your wellbeing? Take a look at the wellbeing rainbow and try and include each thing every day
Lockdown reflections Have a go at this worksheet and see if you can reflect on what has happened, the best bits, what you have learnt, how resilient you have been.	Warm and fuzzy jar What makes you feel warm and fuzzy? Fill the jar up with stickers each time you do something that makes you feel warm and fuzzy.	Feelings hunt Go on a feelings hunt around your family today. You could even telephone people in your family who are not living with you and ask them how they are feeling. Write each feeling in a heart on your sheet.	About me Puzzle piece Fill in a puzzle piece all about you. There are prompts at the side to help you. Make it colourful with lots of drawings and writing. Invite all your family members to do one too. You could stick them up on the wall all connecting to each other.	Favourites game Give your wellbeing a boost by playing this game with someone else in your family. It is good to think about all the things that you really like.
Starring YOU! Decorate this bunting introducing yourself. You are amazing so show everyone!	Roll a story All you need is a die, a pen and some paper. Roll the die to work out what your story will be about.		Sunny Smiles Draw a BIG smiling face in the centre of the sunshine and then all the things that make you smile in each ray of the sunshine.	Take away bag Which good memories do you want to take away with you from lockdown? What stands out as being a good and happy memory?

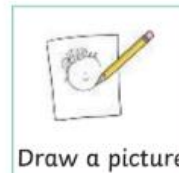
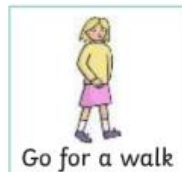


It's okay to be worried

When I'm worried I can

--	--	--	--	--

This will help make me feel calm again.



The Power of Play

The importance of play during Covid-19



THE POWER OF PLAY

Playing, particularly shared play, is linked to wellbeing and reducing stress in adults and children. Shared play releases hormones and chemicals in the brain and body that support strong positive relationships and leave us feeling less anxious and aggressive. At a time when fear and anxiety are high, play provides an opportunity for family connection.

TYPES OF PLAY



PHYSICAL

Jumping, climbing, dancing, and skipping are really important for using up energy that may come from stress.



ROUGH AND TUMBLE

Chasing, grappling and wrestling safely together can be a vital part of reducing and controlling aggression.



FINE MOTOR SKILLS

Drawing, creating, baking, building, cutting and sticking.



RULE-BASED

Hide and seek, treasure hunts, board games, card games and I-spy.



IMAGINATIVE PLAY

Role play such as tea parties, superheroes or shopkeepers can help children to make sense of experiences.

PLAY AS TIME TO CONNECT

Playing together can also provide opportunities for important conversations that allow children to make sense of their experiences and voice fears and worries with an adult they trust.

Mindfulness Challenge Cards



Mindfulness Challenge Cards



Key Card



Choose a challenge and practise it for
one minute or more.



Look



Taste



Listen



Touch or feel



Smell



Draw or write



Move



Think

Mindfulness Challenge Cards



Shake a jar of glitter or a snow globe. Can
you keep watching it until the last flake drops
to the bottom?



Mindfulness Challenge Cards



1, 2, 3... Ring the bell and count as the sound fades. Which number did you get to?



Mindfulness Challenge Cards



Close your eyes and listen very carefully. What sounds did you hear?



Mindfulness Challenge Cards



Listen to a song. Put your pencil on paper and draw what the music does.



Mindfulness Challenge Cards



Play Musical Statues. When the music stops, close your eyes, put your hands on your tummy. Can you feel your tummy going in and out, in and out?





Put a leaf or flower near your nose and slowly breathe in and out. What does it smell like?



Squeeze all of your muscles. Firstly, can you relax your hands, then shoulders, neck, tummy, legs, feet and lastly, toes?



Walk 10 steps slowly and concentrate. What did your feet and toes do?



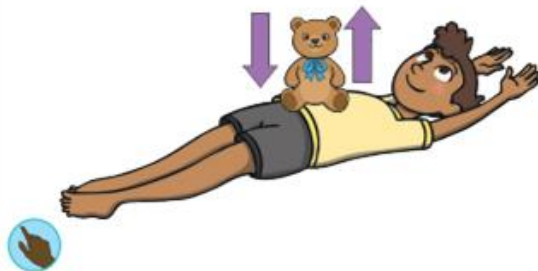
Slowly, pick up one raisin and look at it. Then, put it in your mouth and taste it. What does your tongue do?



Mindfulness Challenge Cards



Lie down with a teddy on your tummy. Breathe in and out. How does teddy move?



Mindfulness Challenge Cards



Try a maze. If you go wrong, it is okay. Go back and try again. Can you get to the end?



Mindfulness Challenge Cards



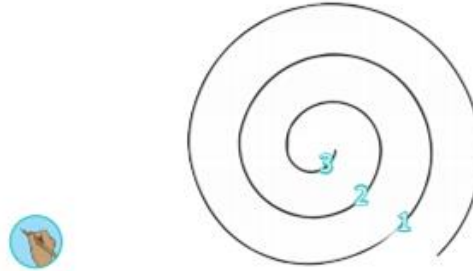
Keep your pencil on the paper and doodle as you breathe. Don't lift your pencil! What did you draw?



Mindfulness Challenge Cards



1, 2, 3... Draw a big spiral getting smaller. How many times did you go around?





Carefully, colour in a picture. Who will you give it to and why?



Think about a happy place. What can you see, hear, taste and smell? How do you feel?



Breathe in, out, in, out. If you think of something, wave it away and go back to your breath: in, out, in, out. Can you think about breathing for one whole minute?



Notice how you feel right now. Can you draw a picture of your emotion?



Mindfulness Challenge Cards



Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Ring a bell or make a lasting noise with another instrument or method.

Listen very carefully to the fading sound until you are sure you can no longer hear it.



Ask someone to drop a feather and watch it very closely as it floats to the ground.

Listen carefully to a piece of music and draw a line on a piece of paper which matches the feeling created by the music.



Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



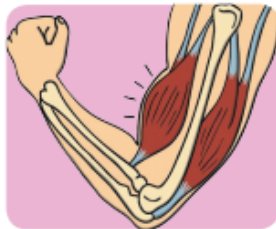
Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

Try to concentrate just on the smell for a whole minute.



Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go.

Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.



Sit in a room with your eyes closed.

Ask someone else to spray a perfume or deodorant at the other side of the room and, keeping your eyes closed, try to notice the exact moment when the smell reaches you.



At the same time of every day, think of one thing to be thankful for.



When you are eating, slow the process right down and try to activate all your senses. Look carefully at your food before you eat it.

What does it look like? Bring it closer so you can smell it. What does it smell like?

As you place it in your mouth, be aware of the texture of the food and how it feels.

What does it taste like? Does the taste come in successive waves or all at once? Can you recognise the individual ingredients?

Take a walk and concentrate on the act of walking.
What movements does each leg perform in each stride?

Which part of your foot hits the ground first?

What does the ground feel like underneath your shoe/foot?



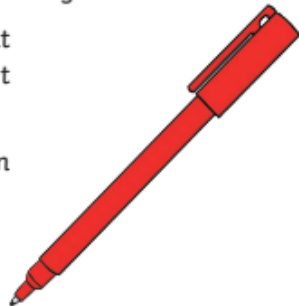
Try hot writing – choose a short period of time such as one minute and try to keep your pen or pencil moving for the entire time.



Choose a subject to focus your thoughts or simply write about whatever arises in your mind.

If you can't think of what to write then write 'I can't think of what to write...'

Do whatever you need to in order to keep writing.



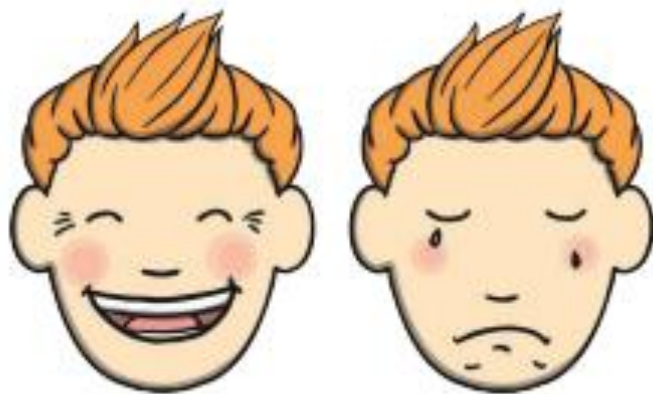
Listen really carefully to what someone else is saying.

Stop doing anything else and give them your complete attention.

If you think of things you wish to say, let the speaker finish before you add your thoughts.



Take a moment to think about how you are feeling.
Which words would describe how you are feeling?
Can you trace back the origins of those feelings?





Stay safe - have fun - be happy!

From all of us at

Glasllwch Primary School

