

Below is a collection of ideas and activities that can help your child relax, focus on something and calm their minds and bodies. There are plenty of other ways this can be done so please have a look at the website/app list. We have also provided and attached instructions for any practical activities to help to ease the load! Good luck and happy well-being. Miss Barnes and Mrs Edwards

<p><u>Create a well-being jar.</u> On some note paper write some nice things that you think about- a fun family holiday, your best friend, some kind words. When you are (or someone around you is) feeling low, take out something nice and spend 5 minutes thinking about that good memory or idea.</p>	<p><u>Create a glitter jar</u> Let your mind float away by making a glitter jar. Watching the glitter fall can be very relaxing and help others too! Don't forget that even when you don't feel stressed, it's good to take a minute to yourself at any time of the day so sit back and enjoy!</p>	<p><u>Think up a new game!</u> Games are a great way to make us feel better. What do you like to play? Is your game going to be competitive or a team game? Remember- you must make sure everyone knows the rules, how to play and advertise it so people want to play!</p>	<p><u>Uplifting Lanterns</u> Let your thoughts float away by writing worries or positive thoughts (different people use lanterns for different things) and putting them in a lantern. If you can, put a small tealight inside and then simply let them float away into the world.</p>
<p><u>Colour by numbers</u> Colouring and painting is a great way to spend some calm time. There are plenty of colour by numbers activities for you, or why not get creative yourself. Draw your own colour by numbers pictures (and don't forget to put the numbers in!) then colour it, or ask a sibling to, to see how it turned out.</p>	<p><u>Write a Diary</u> It is a great idea to keep a diary! This is a great way to explain how you are feeling, describe what "working from home" feels like, and all the activities you are doing. It might also be an important historical document you can show people when you are grown up!</p>	<p><u>Make your own stress ball</u> Create your own squidgy stress ball that you can use when you are feeling sad, worried or angry. Remember, that all these feelings are normal, and that you can ask an adult for help if you are feeling overwhelmed.</p>	<p><u>Take five breathing</u> Taking deep breaths is a great way to feel calm. When you take deep breaths, your brain will switch from panic mode to safe mode. It is a great way to relax your whole body!</p>
<p><u>Dance party!</u> Ask your mum or dad to help you make a play list of music that makes you happy! Music is a great way to relax. Perhaps you could make one with happy music for when you feel sad, and one with relaxing music for when you want to chill out.</p>	<p><u>Thankfulness paperchains</u> Thinking about all the things you are grateful for is an excellent way to remember the good things in life. Using some scrap paper, cut into strips and write all the things you can think of that you are thankful for and create paperchains to decorate your room.</p>	<p><u>Embrace the great outdoors</u> Being outdoors in nature and getting some fresh air is a good way to cheer yourself up and stay healthy. Perhaps walk the dog, do some planting in the garden (plan a vegetable patch!), take a hike up a big hill, or go bike riding.</p>	<p><u>Create a den</u> Create your own wellbeing den using blankets, cushions, teddies. Make it special, comfy and cosy; and settle in to read your favourite book.</p>