

### Managing your worries!

We know that things are a little strange at the moment. It is completely normal to feel worried and scared.

Create a worry bin...(using a jar or box)

#### Each time you are worried:

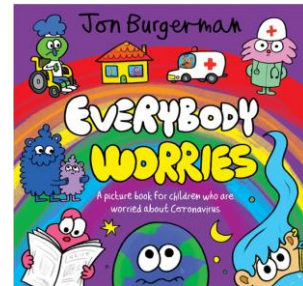
1. Write it on a piece of paper
2. Talk to someone in your family about the worry
3. When you have a solution or an answer which makes you feel better, put it in your worry bin!

### Advice – how can you help those struggling?

Make an advice poster to help people who are finding something difficult...

- What should they do? Why?
- Think about the word 'resilience.'
- What would you say to them? (write it down)

E-Book (Picture book) – Everybody Worries



<https://home.oxfordowl.co.uk/bookshop/jon-burgerman-everybody-worries-free-ebook/>

### Healthy cooking

Create a healthy milkshake or smoothie (or another recipe of your choice!)

Can you write instructions on how to make it?

### Kindness calendar

Can you think of one kind thing you could do every day this month?

Write them down and try and do each one!

### Being proud...

Write a list of all the things you have done that you are proud of. This could be something at school or at home!

### Calm corner

Create a calm corner in your bedroom or somewhere else in your house, which you can use if you want to relax or be calm!

What will you put there?

### Appreciation

Make a list of everyone you appreciate. Can you write a letter to one of them telling them *why* you appreciate them.

- What do they do?
- Why are you thankful for them?



You have just received this text message.

Can you write a reply?

Remember, it is better to be HONEST. If you are not okay, that's okay! It is better to tell

someone.

### My favourite place...

Draw a picture of your favourite place. Write a description of *why* it is your favourite place.



Draw a flower like this one. In each petal, write something good about yourself. It is important

we appreciate ourselves.

Do this exercise circuit

- Run on the spot for 10 seconds
- 10 star jumps
- Hopping for 10 seconds

*Repeat 3 times.*

Or use these websites:

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

<https://www.bbc.co.uk/teach/supermovers>

Joe Wicks Youtube:

<https://www.youtube.com/channel/UCAxW1XT0iEJ00TYlRfn6rYQ?safe=true>

Meditation for children:

<https://www.youtube.com/watch?v=DWOHcGF1Tmc>

<https://annakaharris.com/mindfulness-for-children/>

PSHE Videos:

<https://www.bbc.co.uk/teach/supermovers/pshe-collection/zng8vk7>

Self-esteem activities.

<http://www.plantlovegrow.com/self-esteem.html>

Create a leaflet about 'Good Hygiene.' Include:

- What does hygiene mean?
- What can we do to avoid spreading germs?

You could try this worksheet (choose your key stage):

<https://www.highspeedtraining.co.uk/hub/free-food-hygiene-worksheets/>

Health and Hygiene activities:

<https://www.childfun.com/themes/people/health-and-hygiene/>

<https://www.ellipticalreviews.co.uk/health-games-for-kids/>

Self-care exercises and activities:

<https://www.childline.org.uk/toolbox/calm-zone/>



**ClassDojo**

<https://ideas.classdojo.com/>

## Growth mind-

### set! Changing negative thoughts to positive thoughts...

Sometimes, we think negatively about something we are doing or has happened. When we think negatively, it can cause us to become de-motivated, sad, frustrated and doubtful of ourselves. Instead, we need to try and think **positively!**

**Task:** Read the negative thoughts. Can you re-write it so it is positive? See the example.

Negative Thoughts	Positive Thoughts
My friends don't like me anymore because I can't go to the party on Saturday night.	Some of my friends can't go to the party either so we could meet up on Sunday instead.
I am not good at maths because I only got 16 out of 20 correct in my test.	<hr/> <hr/> <hr/> <hr/>
I don't want to move house as I won't make any new friends and I will be lonely.	<hr/> <hr/> <hr/> <hr/>
My new school won't be as good as my current school.	<hr/> <hr/> <hr/> <hr/>

Download the QR reader app...

## Rainbow Breathing

Practice Rainbow breathing by watching the fun link below!



## Mindfulness Calm Down

Watch the video below to help you calm down and regain control.

