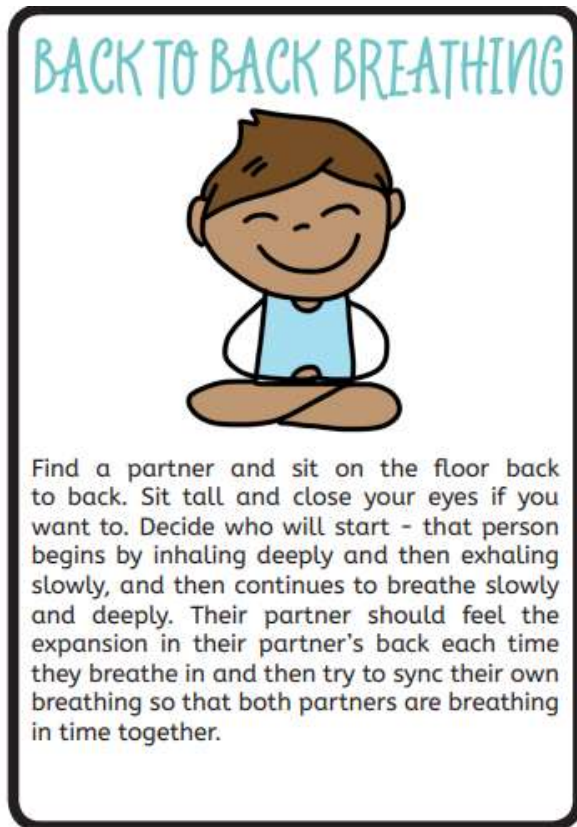


Mental Health and Well-being activities: Week 1

Breathing:



Feather breathing

Ask your child to choose one **feather** and hold it in their hand. Ask them to take in a deep **breath**. ... Tell them to inhale for a count of four, then hold their **breath** for a count of four. Ask them to exhale slowly through the nose. Tell them that the **feather** should flutter as they breathe out.

Guided visualisation:

Floating on a cloud

Lie back and close your eyes.

Imagine a big, fluffy white cloud floating above you. See it come down gently beside you.

Imagine what your cloud looks like. What colour is it? Does it have a shape? This is your very own special cloud..you are completely safe and happy when you are on your cloud.

Climb up onto your cloud and it will take you anywhere you want to go.

What things do you see as you float on your cloud? Where will it take you? Let your cloud float you to a place where you can rest quietly and feel safe.

Massage:

Pizza massage (in a pair)

Put your hands on your partner's back. Imagine you are making a pizza. Knead and roll the dough by massaging their back and shoulders. Pat down the dough. Smooth on the tomato sauce. Sprinkle on the cheese. Add the toppings by pressing onto their back with your index and middle finger. Cook the pizza by running their back quickly with your hands, warming it up like an oven.

Pizza massage (on your own)

Imagine you are making a pizza on your hand. First, knead the dough by clenching and opening your fists lots of times. Then make into a circle by rubbing your two palms together. Next sprinkle on the cheese with your fingertips. Add the toppings by pressing the palm of your hand with the thumb on your other hand. Finally cook it by rubbing your 2 hands together quickly until it feels warm. Hold your pizza in front of your and cool it by blowing on it with 3 long, controlled breaths. It is ready to eat!!!

Website ideas:

- Get active - Joe Wicks is doing a live PE lesson each day on youtube. Enjoy with the whole family

https://www.youtube.com/watch?v=6v-a_dpwhro

- Relax Kids website has released a free calm pack to download. It contains some really good resources like a calm-o-meter, calm exercises and positive affirmation cards.

<https://www.relaxkids.com/calm-pack>

Activity ideas:

- Memory game – collect a number of everyday objects. Place on a tray and cover. Explain that they can look at the objects carefully and try to remember what they were. Cover the objects and child to draw – write which ones they can remember. Can they tell you which objects they remembered by describing them and not using its name?
- Pass the drawing – Each child is given a piece of paper and start to draw something they like drawing. After 40 seconds, swap pictures and continue drawing the other person's drawing. Keep swapping!! At the end, discuss what the end pictures look like. How did they feel about doing this? What skills did they need to have to succeed at this?
- Collect a selection of 10 special items from around the house that are precious to them or remind them of special memories. For each object, make an information card. Draw a picture, add labels and write a description. Make the items into a gallery. Make an invitation to your friends and family to visit your gallery of special things! Enjoy!

Develop a sense of belonging:

- Encourage children to take time and care drawing the picture inside the frame.
- Suggest that they colour the frame with a pattern or design.
- They may want to write the names of the people in their family.
- Children could cut around the frame and display the picture.

EXTRA
IDEAS

Children describe each person in their family. Encourage them to use adjectives for personality and appearance.

Create a class/group picture. Children draw and cut out a self portrait. Stick them overlapping on a big poster.

Draw yourself with your family

