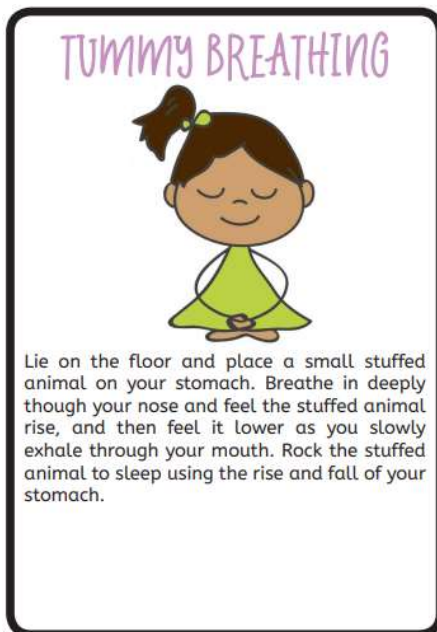


## Mental Health and Well-being activities: Summer term week 1

### Breathing:



### **Hot air balloon breathing**

Sitting in a comfortable cross-legged position, start by cupping your hands round your mouth. Take a deep breath in through your nose and slowly start to blow out through your mouth, growing your hands outwards in time with your exhale as if you are blowing up an enormous hot air balloon. Once your balloon is as big as it can be (and you've finished your exhale), breath normally as you sway gently from side to side admiring your big beautiful hot air balloon as it soars through the sky. This long deep exhalation as you blow up your hot air balloon has a relaxing effect and the image is incredibly vivid for kids' imaginations. If you want to see the hot air balloon in action check out Squish the Fish!

### Guided visualisation:

### Massage:

#### **Finger travelling**

Put your hands on your partner's back. Walk your fingers over their back and shoulders. Now use two fingers together to move like a car. Now use your whole hand to make a moving train. Use the side of your hand to make an aeroplane. Can you add the right sounds? Can you make up your own forms of transport and ask your partner to guess what they are?

#### **Monkey climbs**

Put your hands around your partner's wrist. Imagine your partner's arm is a tree and your hands are the monkey gripping around the tree. Gently squeeze their wrist, lower arm, upper arm and shoulder as you climb down the other arm.

#### Website ideas:

- David Walliams is reading a free short story every day for the next 30 days. These are probably better for older children. There are also masses of great activity ideas e.g. lessons of how to draw characters from his books and activity pack for each of his books, including colouring, quizzes, craft ideas, writing activities. I particularly liked the activity packs to go with the picture books, they are great for younger children.

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

- If you are on facebook, the Relax Kids page is streaming live relaxation stories and guided visualisation each evening. Great for settling children down for bedtime.
- Cosmic kids is a great website. It contains yoga videos (these are all available on youtube), mindful parenting ideas, ideas for learning through play, mindfulness and meditation videos – loads of brilliant ideas.

<https://www.cosmickids.com/five-fun-breathing-practices-for-kids/>

#### Activity ideas:

##### **List exercise**

- Children to come up with a list of things which are green, soft able to fly, sweet etc. They can come up with their own ideas. Encourage them to be creative by giving them different scenes where they might find these things e.g. What would you find if you went to the seaside? Green – bucket and spade, Soft – ice cream, sand, able to fly – seagull, sweet – candy floss, doughnuts. Can they give you a list and you have to guess the setting they are in? If you have more than one child, they can put their ideas onto little cards and then sort each other's into the categories.

##### **The game of five**

- All you need to do is notice five things in your day that usually go unnoticed. They could be things you hear, smell, feel on your body or see. E.g. you might hear the birds, or smell the flowers. Of course you may already do these things, but are you really aware of their beauty and what they mean to the world? Draw and label the 5 unnoticed things.

##### **Art attack!**

- Use objects around the garden to create a large picture (in the style of Art Attack!!) Take a picture of it from your bedroom window and share with a friend or family member