

Parents and Teaching Staff

We have put together **our 4<sup>th</sup> Pack** of activities for your children. Each activity is hyperlinked to a resource on the ELSA Support website. Basically this means if you click the BLUE TITLE of each activity it will take you to a page on our website. You can download and print the activity for your children.

The activities will help your children's wellbeing at this difficult time and hopefully help to keep them occupied in a proactive and beneficial way.

These activities could also be used during holidays.

You can do them in any order or miss days out. It doesn't really matter. It is purely there for you to use if you need to.

<u>School staff</u> you may choose to print out some or all of the activities for the children to take home. You also have permission to email the pdf of this file to parents if you want to. You may also host this file on your websites.

## VVDebbieVV

You can find the other challenges here. Please click the pictures to take you there.

5 dey Risdeess to yearself challenge How cap you be and to conset? This is 5 sections of activities so you can choose the do it all in a day or do it over a full wave. Beinglink to yourself will really help your withining	Rucket full of hoppiness what notes you feet hoppine (an you fire to suit right to the top with at high things that make you feet hoppy?	Conjuna Track your mood thrack your mood with this record thracker Cobur is a ball of the Cobur is a ball of the Cobur is a ball of the coburb each day winder what your finalised number will lote lite?	Relax tips lead through the relax tips and see it you tap come up with score things that they you to relax.	Vellbeing Reinbow (an you do the fire Hing) you need to do each day to helt voir nethenn? Tool o box at the writhering rathow and ity and include each thing every day
Lockdows reflections now o go of its winnesheet of set if success reflect on what has inappened, the total sets, what you have instribute registert say have been.	Varm and fuzzy jet and makes such feel warm and heavy? All the yet up with ottakes in such the year is something that makes you feel warm and heavy	Feelings hast been a freeding, but treat plus faith table base and here in grades place in your faith who are than free faith who are than free they are freeing with exactly in a bear to your sheet.	About me Pasale picst Alt in apuant pase of doct you have a prompt of the size to hap you. Most of cabufut with oits of drawing and writing held or your family methods: to do see too 300 most sid here up on the well of connecting to each other.	Extraordifes game Ger year writering a boot to praining this game with someone cine in year fortwy, it is good to thirst door of the things. Total your really the.
Sterring TOU! Decenter this building introducing yourset, fou- are anapling to show everyose!	Roll a story all pour need is a die, o per und some paper. Not the de to work our story pour story will be about	elsa	Searcy Smiles trav a Bis string for in the contro of the sussian and then at the traps that more you strile in each ray of the sussiane	Take energy bag which good nemeries do not were to hore away with yoo thurs locidaw? What shands out on being a good and happy nemory?



Happy tab Cookiet Look of the five timey you feet happier tempering removerlaps with others or years with others or was shart in stand data be date by withing a certar or times chart in stand data the state by writing a certar or times chart for someone	Jer of Courage Male a jer of courage with help than on adult. Full the spection young and thill be up with the positive quarks Toke one and what may out read it, likeleve it!	Hog in a Nag Gere sourcef chap no may bearder the may and abl of the theys that nake you for harshmalke of marshmalke	Star Breathing Learn how to as star threading so that you feel inter and care when you have either assists, carey or uppet 1 bet you cand drow your can star the See if you can capy the poster ord drow your own.	Self-esteem Bookmark Colour your own self esteem bookmark out for in every day to remain yourrest how antenny of you read your hook. Yo can bo litts of reading o mis time
Kindfall Flip Flop Some lovely mental colouring today i wonder if you can manage to colour at the school, and their about the works. Can you mat stree to ready reader today? brack general, and cooling your flip flop	Reppiness Challenge There are true days worth of activities here bar 1 ber you could on them at it is day if you set your mind no it cans of lower happeness fail	Mandela Wishes Today you need to draw your peture in the vertre of the moustar and then the de use of work write them in the petuid and the de use of work methal coorney.	Hindful Reisborr Walk Tou might only be asse to go into your garden if you have one but you mail too hav one but you mail too hav one but you mail too hav any for have one by loading through the writtee's	A: Z of Self-cer Mut on you do to loo after yearset today? We through the poster dos through the poster dos through the poster dos through the poster dos
Doadic a Day Doading is reasons Try tiling this cal in tude, what creative doades can you 00 <sup>2</sup>	20 Faces Can you this in set the faces with attract appreciators Think about all the emotion works you show out far and put a face to each one.	<u>))</u> .	Nindful Challenge There are five days of activities here but i ber you can do there all ine day if you set your mind to it Home allower windful fitted	Ny Perfect by what wast your perfect day look like? Fill in the cork: strip with oil the things that would make just perfect

ELSA SUPPORT 10-day Home Challenge Click the BLUE writing to take you to a resource which you can download and print.

P

Affirmations Fortune Teller Pick one of the characteristics and spell it out by moving the fortune teller. Pick a number and move the fortune teller that number of times and then they pick another number and look to see what the affirmation says.	Smiling challenge Smiling has so many benefits why not try this smiling challenge?	Gratitude and Emotions tracker Track your mood and things you are grateful for or appreciate. We can all think of the good things if we try hard enough.	<b>Inside feelings</b> Use this resource to explore your inside and outside feelings. You might look sad but feel angry inside.	<b>Positivity cards</b> Use these to help give yourself a boost each day. Perhaps you could make some of your own positivity cards and give them to your family members?
Gratitude walk Use your senses when you go out for your daily exercise. What can you see, hear, feel, taste and smell?	<b>Colour your</b> <b>characteristics</b> Give your self esteem a BIG boost by colouring in all your positive characteristics	Nini Gratitude tab booklet Cut out your booklet carefully and then think of all the things you are grateful for. You can categorise by using the tabs at the side such as 'home', 'school', 'friends' and so on	<b>Nindful masks</b> Try some mindful colouring today by choosing some masks to colour. Really enjoy the feeling of relaxation as you do your colouring	Make a funny face or an emotion face with this simple exploratory activity. You can draw eyes and mouths, cut them out and glue to the face. You can add colour and hair if you wish.
Positivity potion What would you put in your positivity potion? A pinch of kindness A dollop of bravery A sprinkle of loyalty	<b>Mindful minute</b> <b>bookmark</b> Make this bookmark up to remind you about taking time to relax and be mindful	CLSR Jukkort	<b>Happy Flip flop</b> Write or draw what makes you happy behind the smiley face.	<b>Mindfulness</b> <b>affirmations</b> These mindfulness affirmations are a combination of mindful colouring and affirmations. Can you think of an 'I am' and 'I can' statement?