

# Well being resources

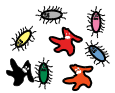
## Staying at home



In the last few weeks, people have been told to stay at home. We were in



school with our friends and then this changed.



At the moment, there is a lot of worry around because of a virus called COVID-19.



We need to stay home to keep safe.



If you have lots of worries, it can make you feel sad.



Worries are normal and you are not alone.


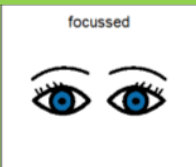


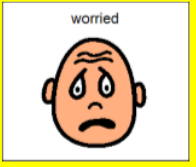







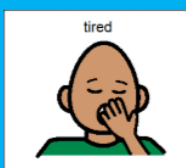



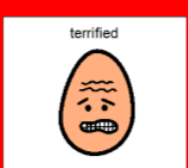
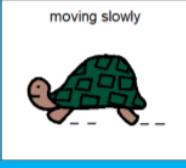
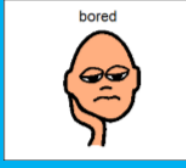


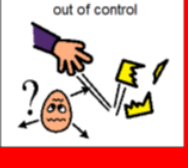







If you are feeling worried, you may find it helpful to try some of the activities in this booklet.

# How are you feeling?

Tick all the feelings you have had over the last week.






Which zones have you been in?



When we are happy and relaxed, our body works fine.

But when our brain thinks we are in danger, it sends messages all over our body to get ready to run away from the danger, fight and be ready to meet the danger or freeze, which means we get stuck to the spot.

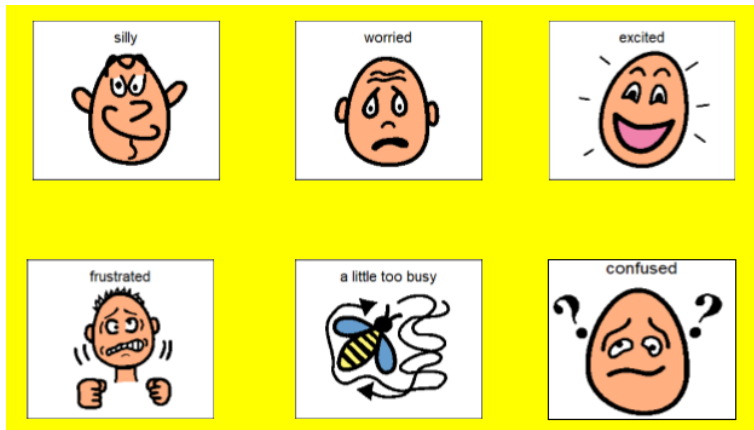
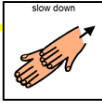






Watch the clip 'Flight, Fright, Freeze', to find out more.

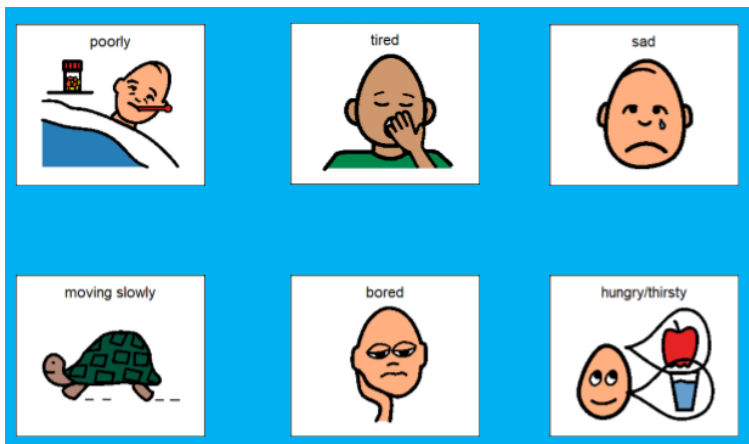
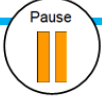
[https://www.youtube.com/watch?v=FfSbWc3O\\_5M](https://www.youtube.com/watch?v=FfSbWc3O_5M)







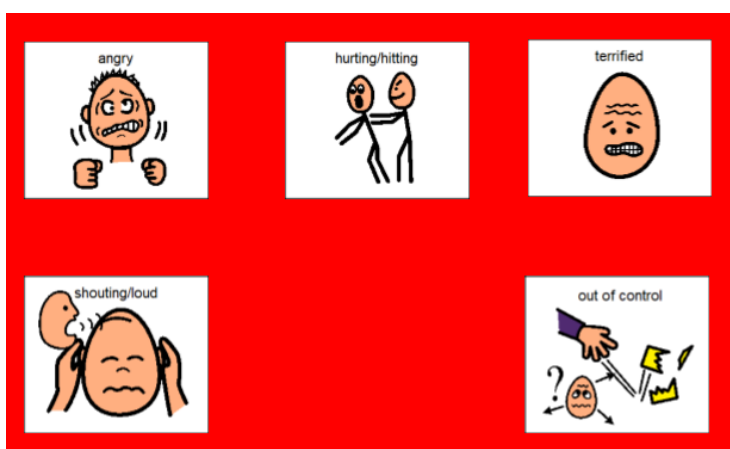
Remember: Your feelings are perfectly normal, but understanding how we are feeling can make things seem less scary.

- . Ask for help 
- . Ask for a break 
- . Go for a walk 
- . 5 Finger breathing 

- . Show your parents/carers how you're feeling 
- . Have a drink or snack 
- . Have a rest 
- . Draw a picture/colouring 

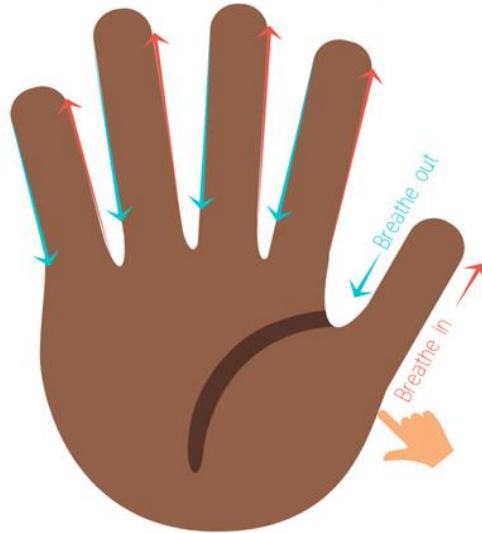



- . 5 Finger Breathing 
- . Squeeze a stress ball 
- . Go to your calm space 

# ACTIVITIES TO HELP YOU CALM

## BREATHING EXERCISES

### 5 Finger Breathing



### LAZY 8 BREATHING

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



# BREATHING EXERCISES TO HELP STAY CALM



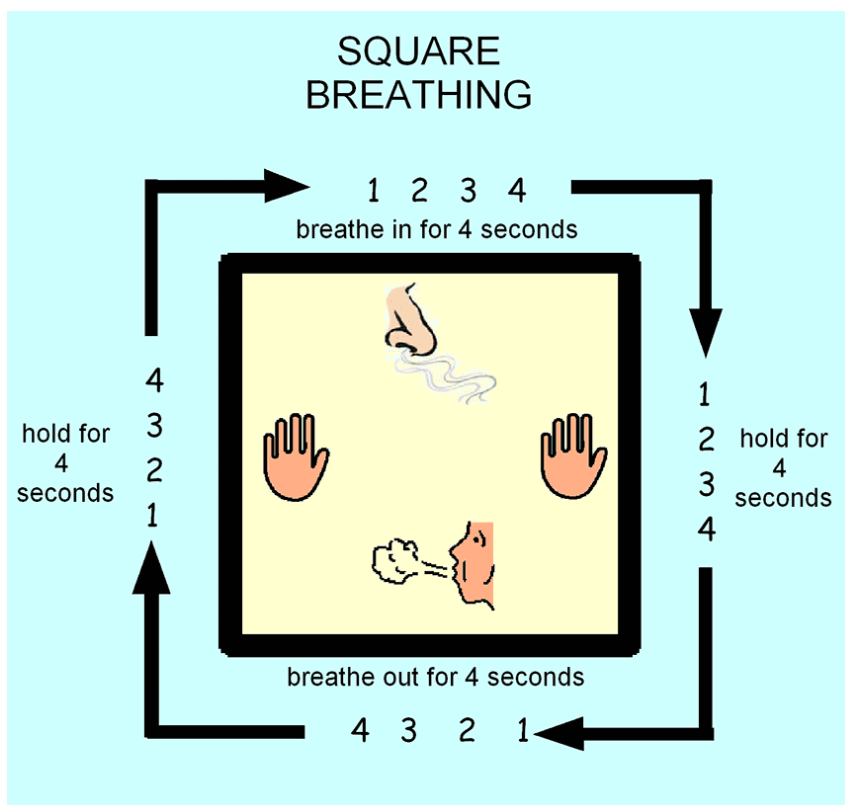
## WHALE BREATH

Take a deep breath in, hold it while you count to 5 with your fingers then tilt head up to blow it out of your blowhole. You can also put your hands up on top of your head to create the blow hole to "blow" out.



## RAINBOW BREATHING

Arms start at the side of your body; arms go up as you breathe in and go down as you breathe out (arms make a rainbow).





## ROUTINES AND MINDFULNESS

We are all used to routines such as going to school or getting up at particular times. Try and create a routine or plan each day as it comes. Allow yourself rest breaks, keep a lunch break, and be more flexible in putting in activities like watching the TV and doing household activities.

See the Daily Schedule on our school website under Learning Zone

[http://st-](http://st-ants.org/portal/pluginfile.php/2546/mod_resource/content/4/Daily%20schedule%20timetable%20v2%20.pdf)

[ants.org/portal/pluginfile.php/2546/mod\\_resource/content/4/Daily%20schedule%20timetable%20v2%20.pdf](http://st-ants.org/portal/pluginfile.php/2546/mod_resource/content/4/Daily%20schedule%20timetable%20v2%20.pdf)

★ My Daily Timetable ★											
Before 9am	9-10 Exercise Examples:	10-11 Home Learning Time - No Electronics	11-12 Be Creative Examples:	12-1 Lunch	1-2.30 Online Learning Examples:	2.30-3.30 Afternoon fresh air Examples:	3.30-4 Help at home Examples:	4-5 Quiet time Examples:	5-6 Dinner	6-7pm Free	7pm Bedtime routine
Wake Up 	Family or Dog Walk 	Reading 	Lego - see the 30 day Lego challenge 	Help make lunch 	See the Home Learning Zone and Curriculum Links on our website. 	Bikes/ skates 	Tidy Room 	Puzzles 	Help make dinner 	Your choice!	Shower/ Bath 
Breakfast 	Ball games 	School Homework booklet activities 	Arts and crafts 	Eat! 	Google Arts and Culture App 	Ball games 	Pick up dirty clothes 	Reading 	Eat! 	Sing/ Dance/ Dress Up! 	PJ's on 
Get dressed 	Joe Wicks 9-9.30 am YouTube! Or see indoor ideas Slide 4 	Maths/ English -Writing -Typing -Alphabet Letter/ number practice -Counting Games See home learning zone ideas 	Cook something 	Help tidy up 	Education based iPad Android Apps 	Walking/ running 	Stack Dishwasher 	Family Board Game 	Help tidy up 	Video call friends. 	Bedtime Story 
Free Time until 9am 	Bike ride/ Skates/run 	OT work See home learning zone ideas 	Sensory Play See home learning zone ideas 		Speech & Language- Video call Family 	Play outside 	Hoover 	iPad/ Tablet free choice 		Play with your toys 	Listen to music/ Calm 
	Bounce or Dance See home learning zone ideas 	Practice an instrument Explore Music online 			Gardening 	Learn a new life skill 	Audible free audio book <a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a> 		Mindfulness 	Sleep! 	

There are lots of resources to go with this.

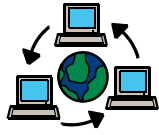
View the exercise page and quiet activities -there are lots of mindfulness resources!



Also see this government advice for

parents: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>





## Useful Websites



**Calm for kids - free resource page. Access the links here:**

**<https://www.calm.com/blog/take-a-deep-breath#calmkids>**



Meditation can empower kids to feel resilient and strong. Use these meditations and Sleep Stories to bring some peace to the kids in your life.



Blowing Candles (ages 3-4)  
Tamara Levitt



That Safe Happy Place (ages 7-13)  
Mallika Chopra



Meditation for Falling Asleep (ages 7-10)  
Mallika Chopra



Falling Asleep Meditation (ages 11-17)  
Mallika Chopra

**Calm for adults! - free resources.**

**<https://www.calm.com/blog/take-a-deep-breath>**



**Paid App <https://www.calm.com/?from=> with 7 day free trial.**



<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

## Go Noodle - YouTube and online site - search mindfulness

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



## Mindfulness Colouring Sheets for Children - Bumper Pack

★★★★★ (185 member reviews)

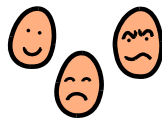


Twinkl are offering free school closure packs and an offer to parents to have one month unlimited access to all their resources. They have lots of super mindfulness colouring sheets for children!

[https://www.twinkl.co.uk/offer/UKTWINKLHELPS?utm\\_source=promo&utm\\_medium=email&utm\\_campaign=Iran\\_coronavirus\\_schools\\_email&utm\\_content=offer\\_link](https://www.twinkl.co.uk/offer/UKTWINKLHELPS?utm_source=promo&utm_medium=email&utm_campaign=Iran_coronavirus_schools_email&utm_content=offer_link)



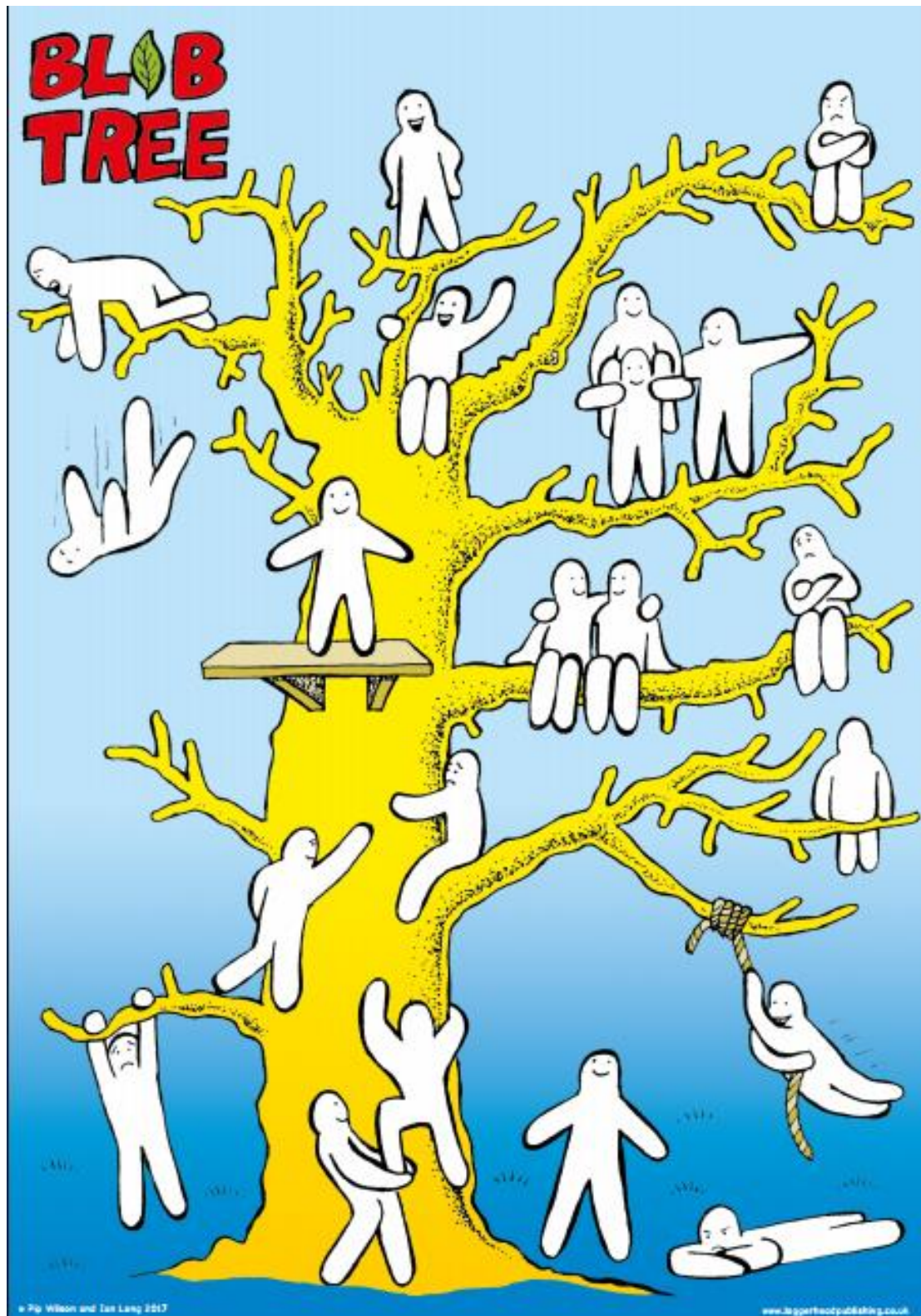
Explaining how you feel

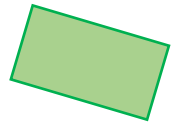
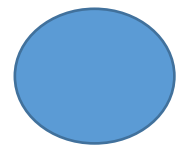


👁️👁️ Have a look at the Blob Tree.



Which one do you think you are and why?





- ❖ How many things can you see which are square, circles or rectangles etc..?
- ❖ How many things can you see which are blue, green or brown..?
- ❖ Think of a word to match every letter of the alphabet. Here are some example categories, but you might have others you can think of:



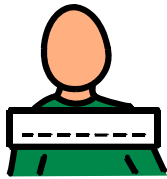
Types of animals



Things you like to eat



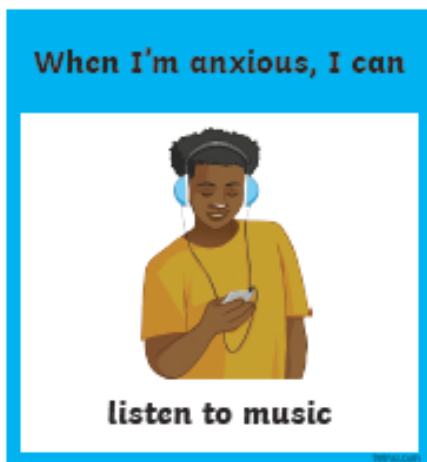
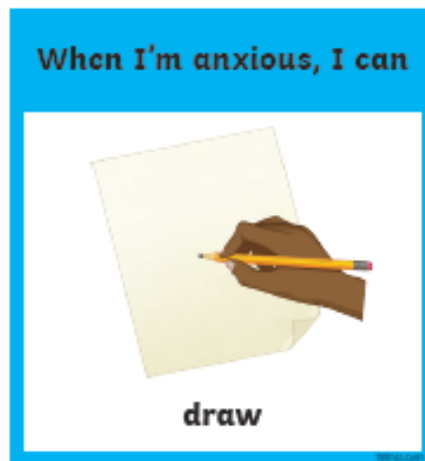
Places



Names

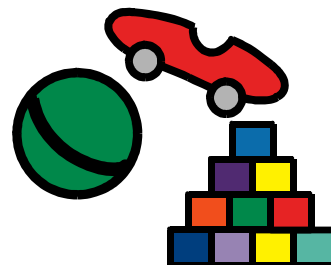


- Try a new food and notice how it tastes, feels, smells.
- Create a box containing activities which your child can go to and use when they are distressed or when they want to calm down. Pick items which use the 5 senses. It might include colouring pens and pictures, stress ball, bubbles etc.



Find your favourite toy

- Notice the colour.
- Does it have any marks?
- How long is it?
- What shape is it?
- Is it smooth?
- Now put it in the middle of the table with other peoples' favourite items. Mix them up.
- Which one belongs to you? Try this with different objects.



Use your 5 senses (sight, touch, smell, sound and taste) to notice the things around you to do a usual task like drinking a hot chocolate.

Open the window and watch and listen to the animals and birds outside.



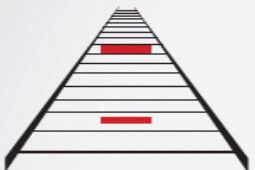
# OPTICAL ILLUSIONS

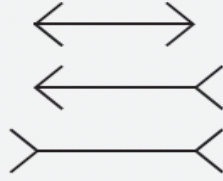



When we concentrate on what we are doing and what is around us, it can help us feel less worried about what might happen.

**see for yourself . . .**  
Do you still think optical illusions could never stump you?  
Try seeing through these cognitive illusions!


**DISTORTING ILLUSIONS**


  
Which line is longer?


  
Which line is longer?

  
Which center circle is larger?

**AMBIGUOUS ILLUSIONS**

  
Do you see a young woman or an old woman?

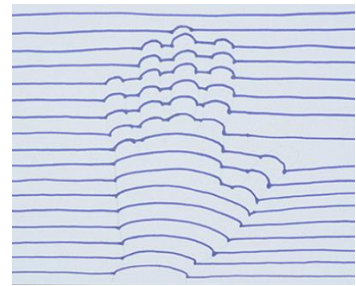
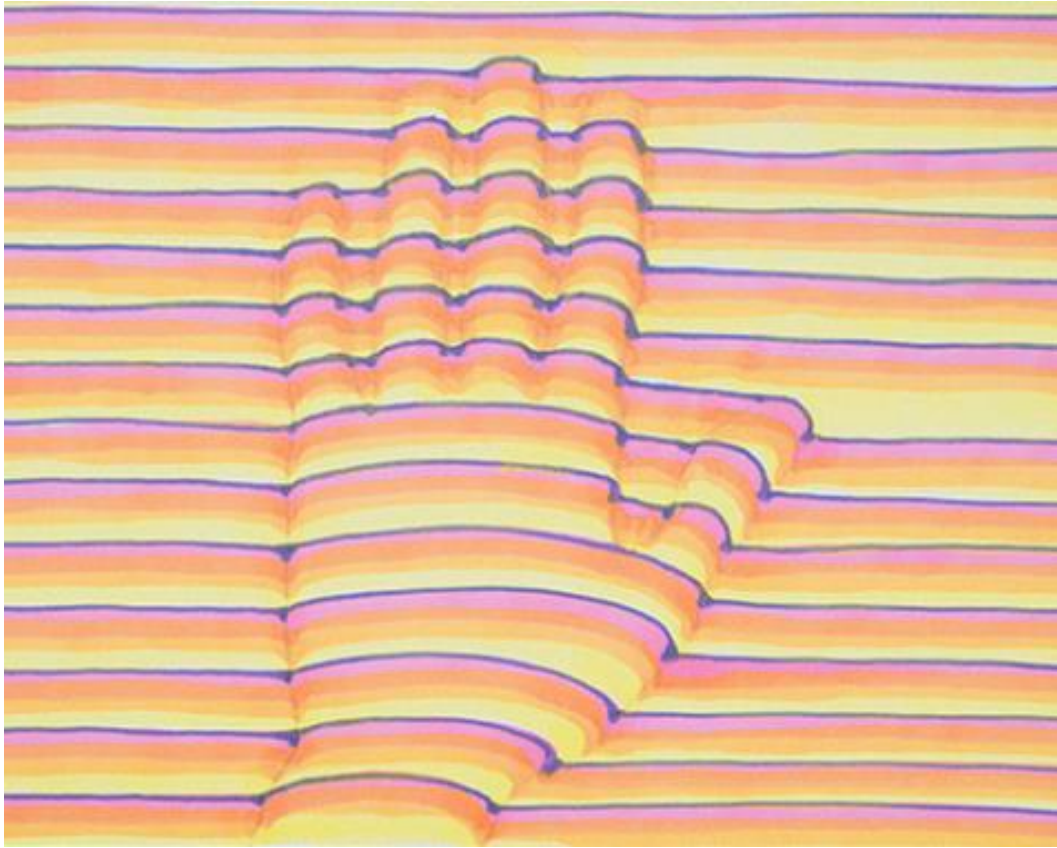
  
Do you see a musician or a girl?

  
Do you see a seal or a polar bear?

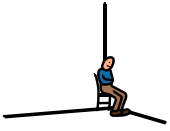




Have a go at drawing your own optical illusion



Use 3 different colours and always repeat the same order of colours.

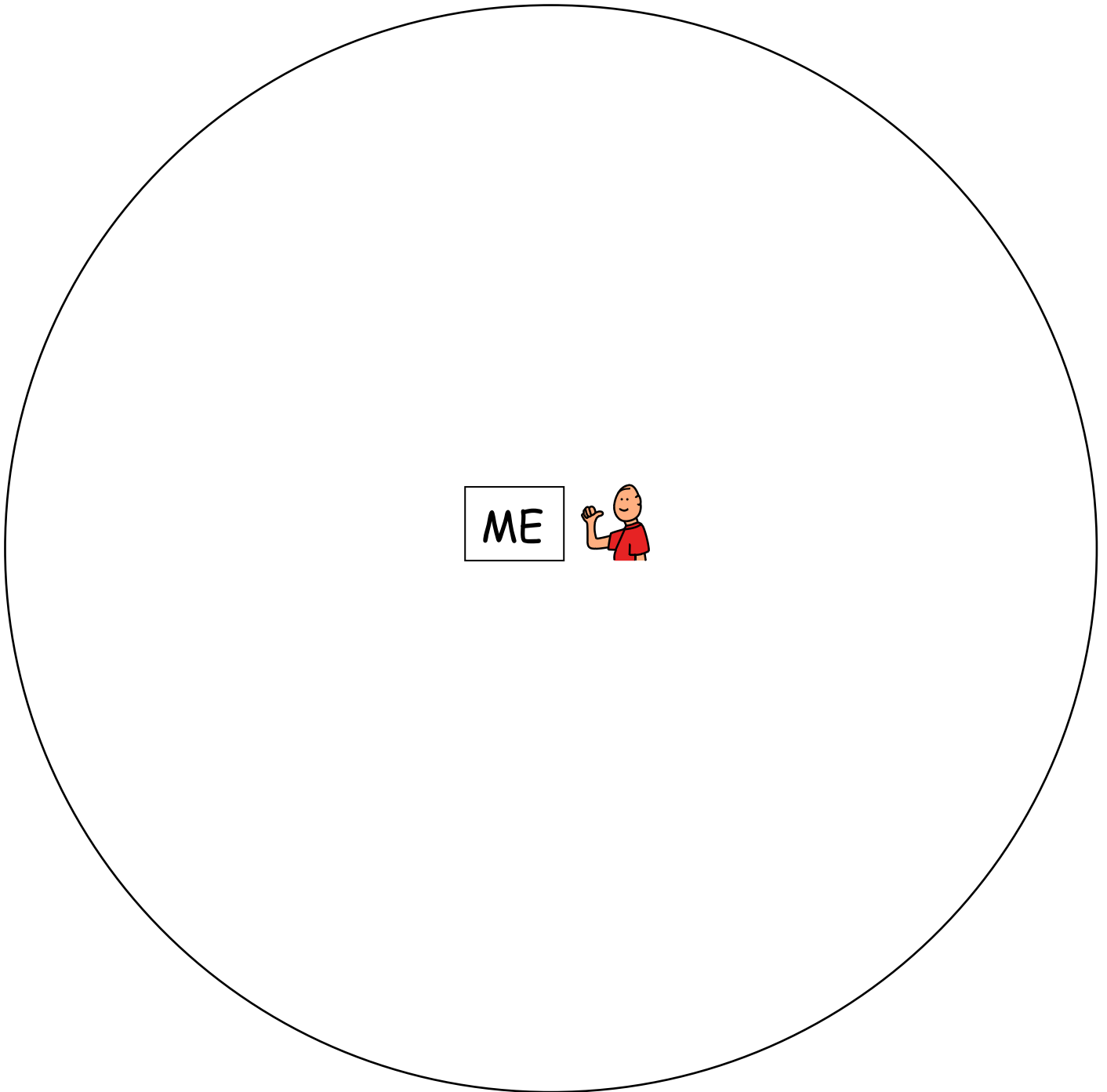


## I FEEL LONELY

You might feel lonely being inside by yourself.



Write down people who care about you and are in your circle.

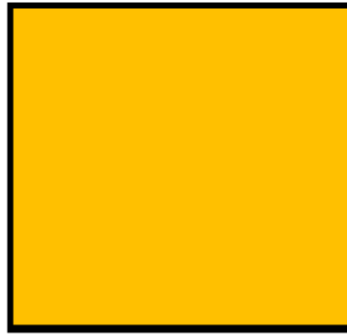


Remember to call your family or friends too!

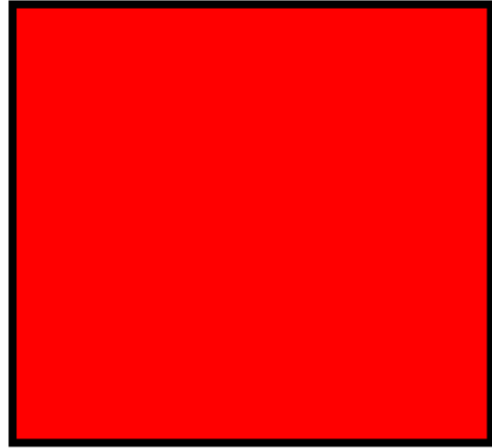
# How big is this problem?



I might be able to sort it myself or have a little bit of help. Then I can move on.



I might need some help and speak to an adult to help me.

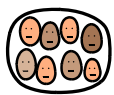


This is really important and an adult needs to know straight

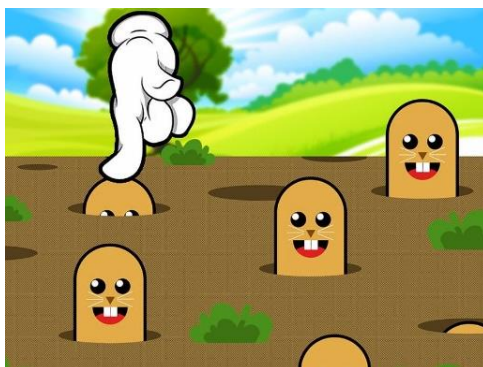
## WORRY MOLES



Worries pop into our heads all the time.



Everybody worries about things nearly every day.





Write down or talk about any worries you have had this week.

How much do they worry you?





# BE KIND TO YOURSELF

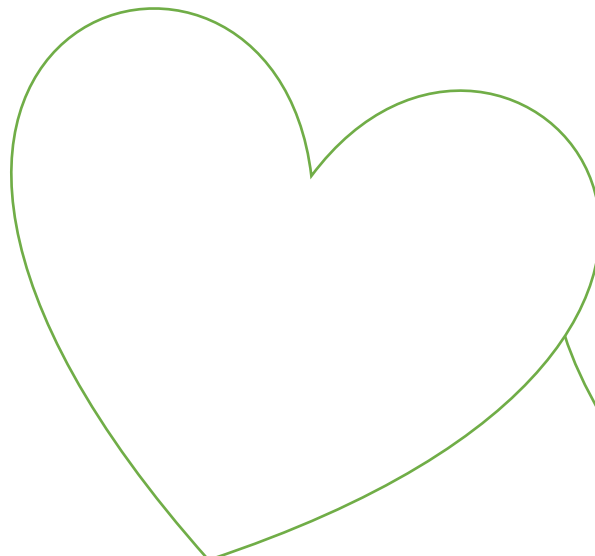
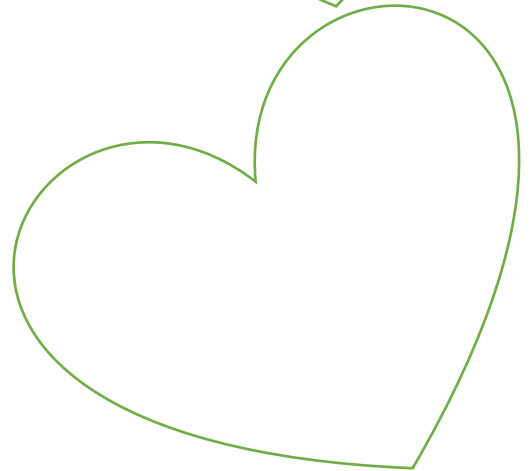
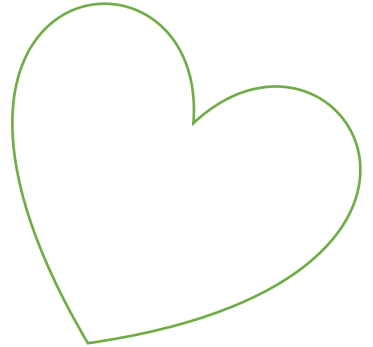
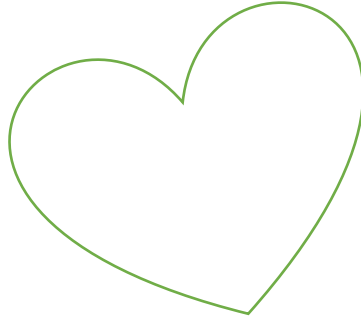


Write or draw



some ideas about how you can be kind to yourself.

Some ideas have been given to start you off. How can you make these happen, or who would you need to help?





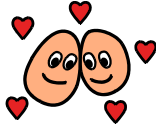
## HAPPY THOUGHTS

Every day write down something you did today which made you happy.





**Write or draw**



**What I love about being at home**

**What I miss about school**



What are you looking forward to doing again?



## Learn a new skill!

Learning and seeking out new things stimulates the brain and helps contribute to wellbeing.

Ideas:

- Get creative - see the daily schedule resources on our website for lots of ideas and sensory activities

11-12 Be Creative!



Footprint and hand art!

Lovely activities from Mister Maker, simple language and engaging for the children. Most are videos but you can pause the video to enable your child to catch up:

<https://www.bbc.co.uk/cbeebies/shows/mister-maker>






<https://toytheater.com/category/art/>

<https://lol.disney.com/games/coloring-pages> Disney online colouring

All kids: crafts, worksheets, coloring pages, printable mazes, dot to dot, hidden pictures and more.  
<https://www.allkidsnetwork.com>

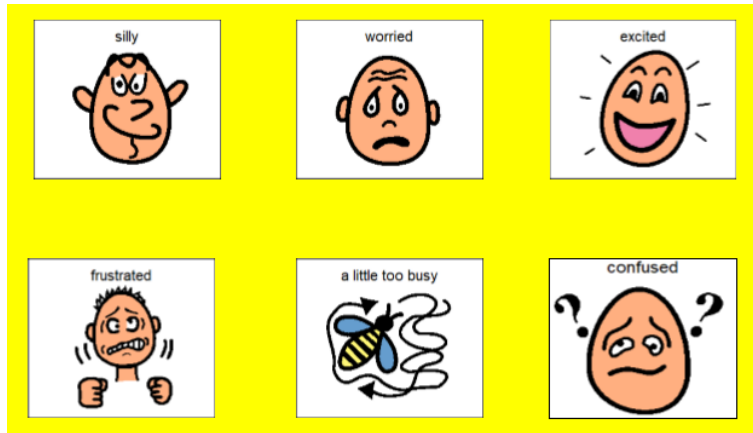


Also see  
<http://st-ants.org/plink/students.htm>

- Research something interesting to you.
- Learn a new word every day.
- Play a quiz with friends or family on line or face to face.
- Learn a new hobby.
- Read a book. 
- Paint, draw or colour. 
- Make and decorate a cake. 
- Decorate a room.
- Tidy or rearrange the furniture in a room.
- Try a new recipe



I don't know what is happening?



We don't know what is going to happen next.

This makes it easy to think of bad things that might happen.

This can leave us feeling really frightened.

There are things we can do to help get rid of some of the worry.

**CONTROL**

**WHAT YOU CAN**

*Let go  
of  
Everything  
else*



[lIVINGLELA.COM](http://lIVINGLELA.COM)

You or your family getting ill can be scary to think about, but the best thing to do is concentrate on the things you CAN control.



Write down the things you can control and the things you need to let go of. See the links to print templates.

<http://play-based-parenting.com/wp-content/uploads/2019/08/resilience-growth-mindset-activity.jpg>



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**Things I can work on...**

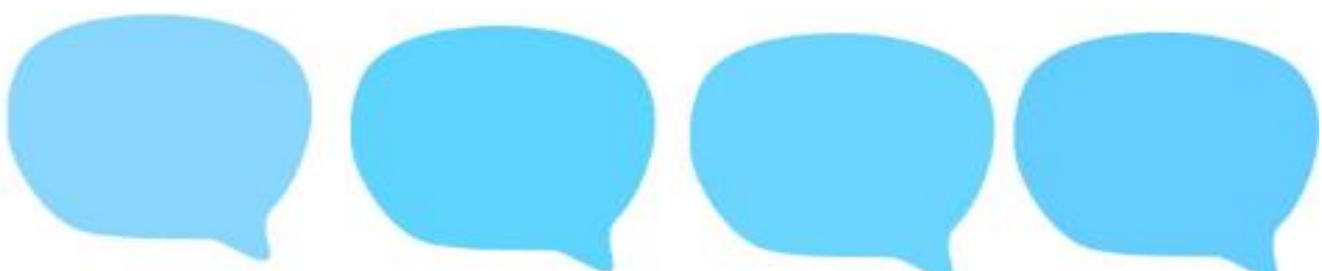
**Things I must let go of...**



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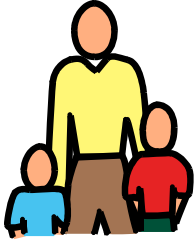
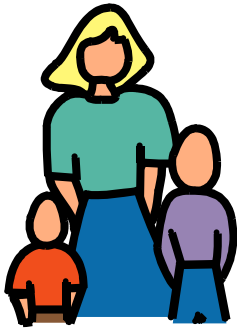
**Things I can work on...**

**Things I must let go of...**



<http://play-based-parenting.com/wp-content/uploads/2019/08/resilience-growth-mindset-in-my-control-blank.jpg>





I am here for you.

How can I help?

I will not give up on you.

You make me so proud.

I'm not going anywhere.

I love you on your good  
and bad days.

Message for parents and carers...

“ Look how much you've  
already managed to  
adapt to. Look how  
resilient you've already  
been. There's no "right"  
way to respond to this  
because it's never, ever  
happened before. Give  
yourself some credit. ☆  
There's no one in the  
whole world who has  
this figured out yet.  
So it's absolutely okay  
if you don't either ♡  
mellow doodles ”