



# Activity Workbook

We hope you enjoyed our visits to your school

This workbook is designed with activities to help you practice all that you have learned. You might need some help from an adult. We hope you have lots of fun.

## Make a Breathing Buddy



What you will need:

A paper cup

Safety scissors

- Items to decorate
- Glue or sticky tape
- Coloured pens
- Tissue or crepe paper

1. Ask an adult to cut a hole in the bottom of the cup using the scissors
2. Decorate your cup with ears, eyes, nose or a tail - you can make whatever animal you like so get creative. A Dragon, an octopus, a butterfly.
3. Cut some strips of tissue paper and stick them around the inside edge of the cup with glue or tape. Let the glue dry
4. Inhale through your nose and exhale through the cup slowly. Try this for 3 breaths then pause. How do you feel on the inside?

## Make a breathing wand



WHAT YOU WILL NEED:

Pipe Cleaner

## 10 beads

1. First of all tie a loop at the end of your pipe cleaner so that you can start adding your beads (you might need an adult to help)
2. Pick your favourite colour beads and start feeding them through
3. when you have finished you can make the end of your pipe cleaner into a heart shape or circle if you prefer
4. Now you have your very own breathing wand that you can add to your wellbeing toolbox. When you need to take some time to relax you can hold your breathing wand. Move each bead slowly to the end as you focus on your breath.

# The Mind Jar

The Mind Jar represents our mind. Sometimes our minds can get really busy with lots of thoughts and memories. We can have happy thoughts, frustrated thoughts, angry thoughts and some sad ones too, all different types of thoughts. We have our memories as well. We might remember our favourite birthday or winning a competition . Maybe we also remember someone being rude to us or someone doing something. Our minds can feel really busy. Using our mind jar like we did in class, when we feel like this can help us to feel better.



## What will I need

Old jar with lid:

Water

Glitter different colours (these are our thoughts)

Beads ( these are our memories)

1. Fill your jar with water leaving a little bit of space at the top
2. add your glitter
3. add your beads
4. replace the lid
5. Shake the mind jar up
6. Place your hand on your heart or your tummy and focus on your breath
7. You will see that the glitter starts to settle to the bottom along with the beads, the thoughts and the memories don't disappear, they are still there, but we are able to see clearly when we pause and let our thoughts settle.



## The Wellbeing Toolbox

You would have seen me with my Wellbeing Toolbox in class. You can go to your toolbox when you need to calm down, or are worried or angry. Fill it with lovely things that will make you feel better

Here are some ideas for yours

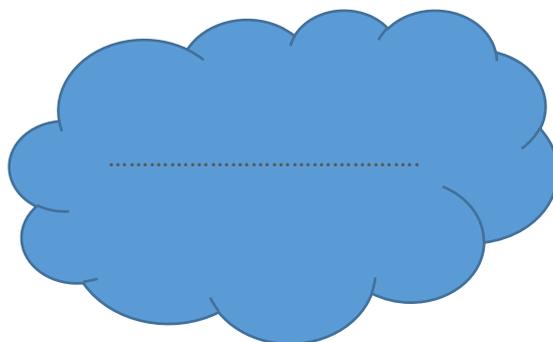
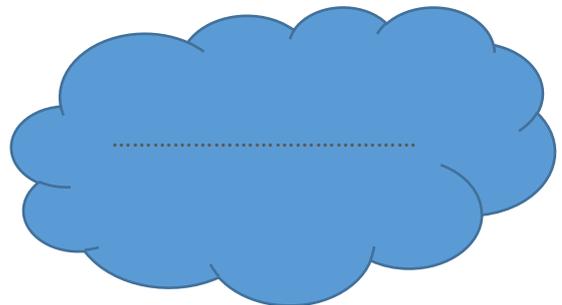
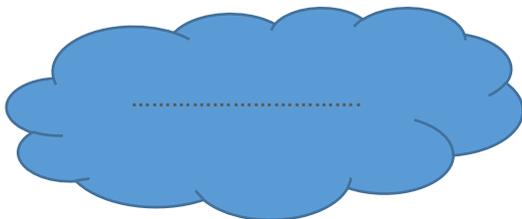
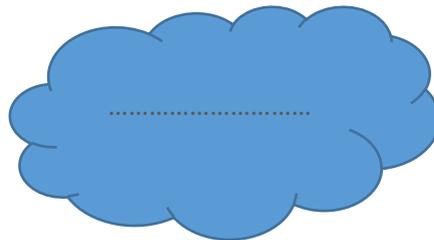
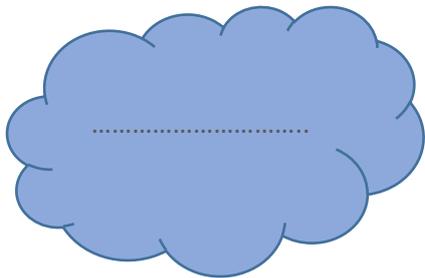
Items you might include

- Favorite photos or cards
- Awards or medals
- Playdoh
- A cuddly toy
- Fidget toy
- Ball
- Shells/pebbles
- Slinky
- Bubbles
- Mind jar
- Breathing wand
- Breathing buddy
- Something that smells nice

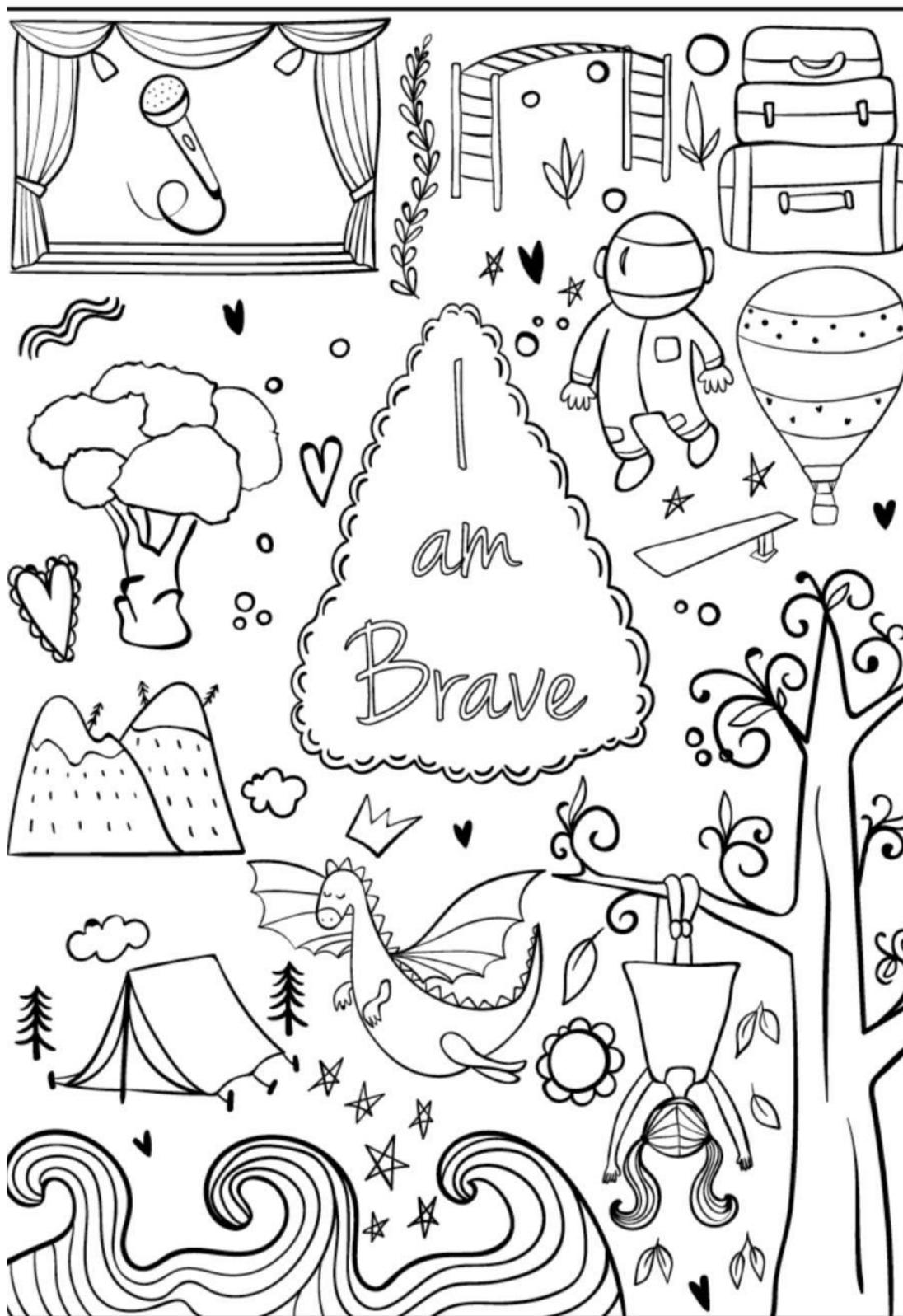


Remember your thoughts are just like clouds they are only passing by

Write down some of the thoughts or feelings you have had today inside the clouds

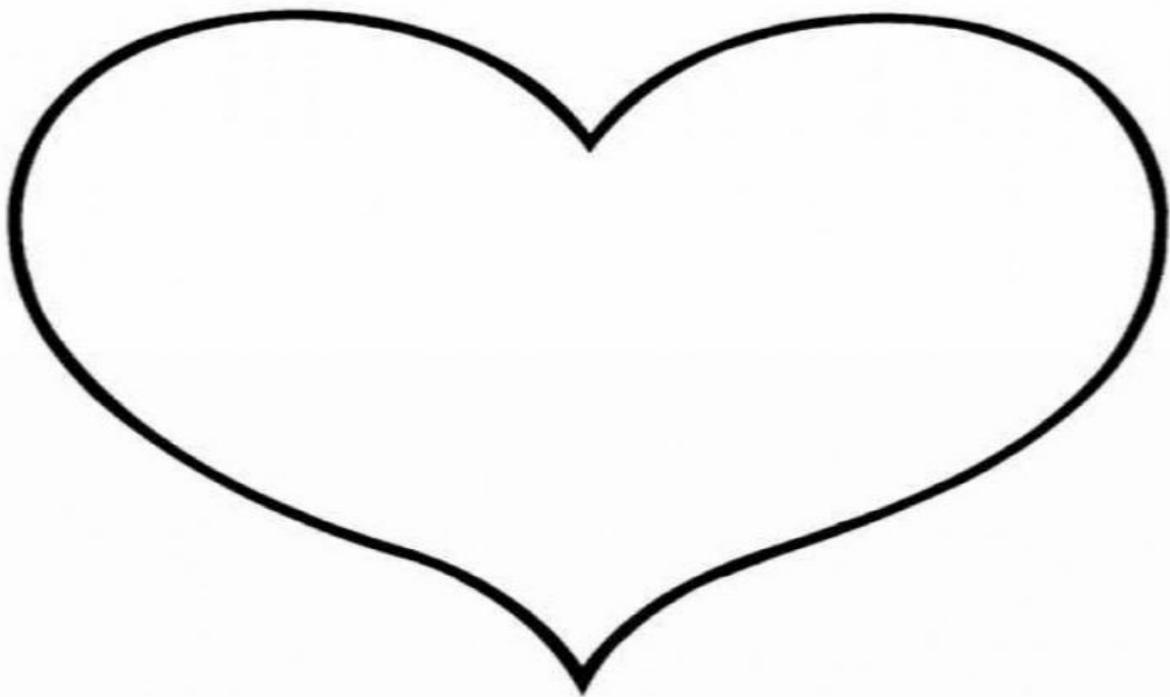


# Colouring time



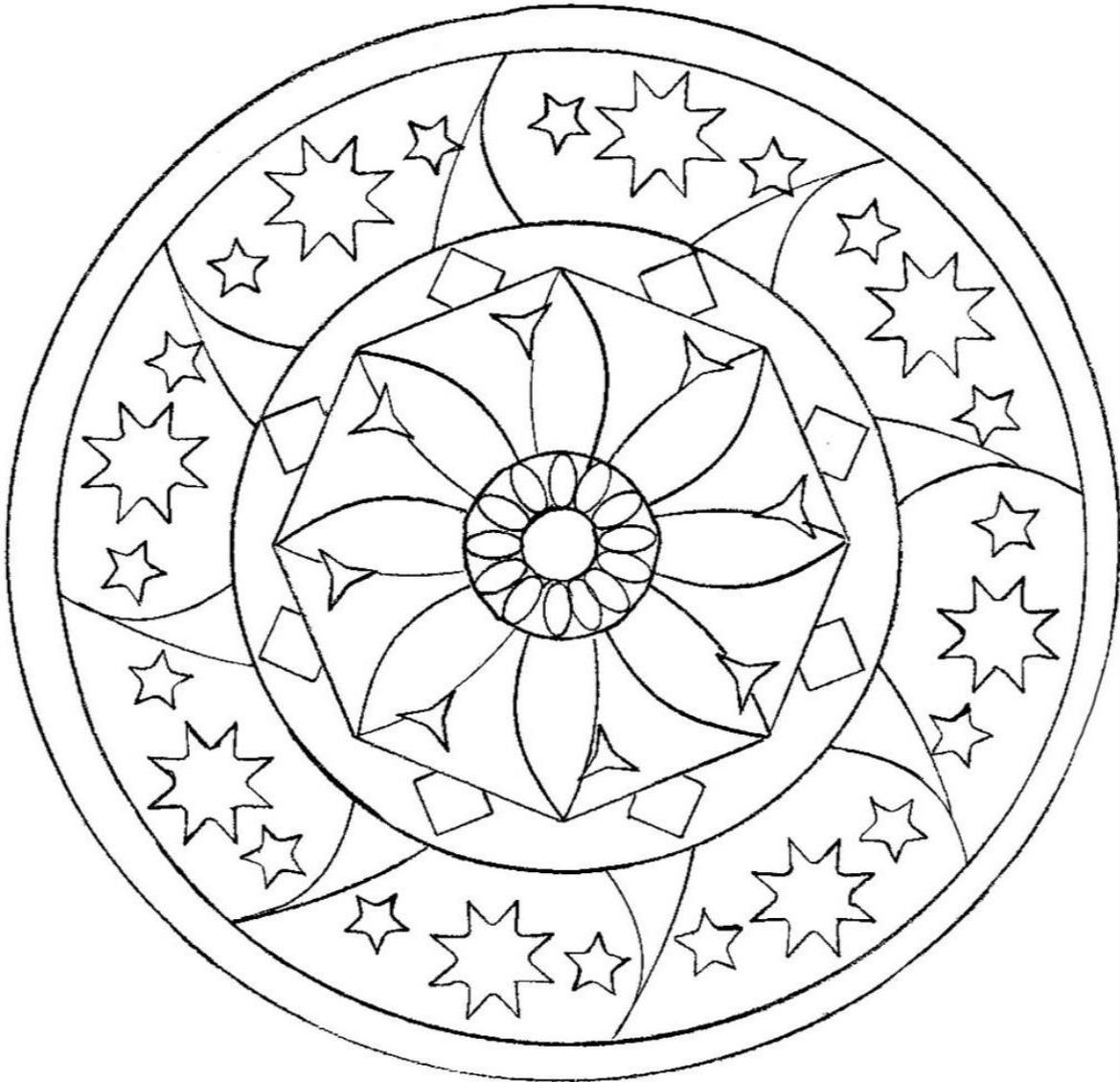
## My grateful heart

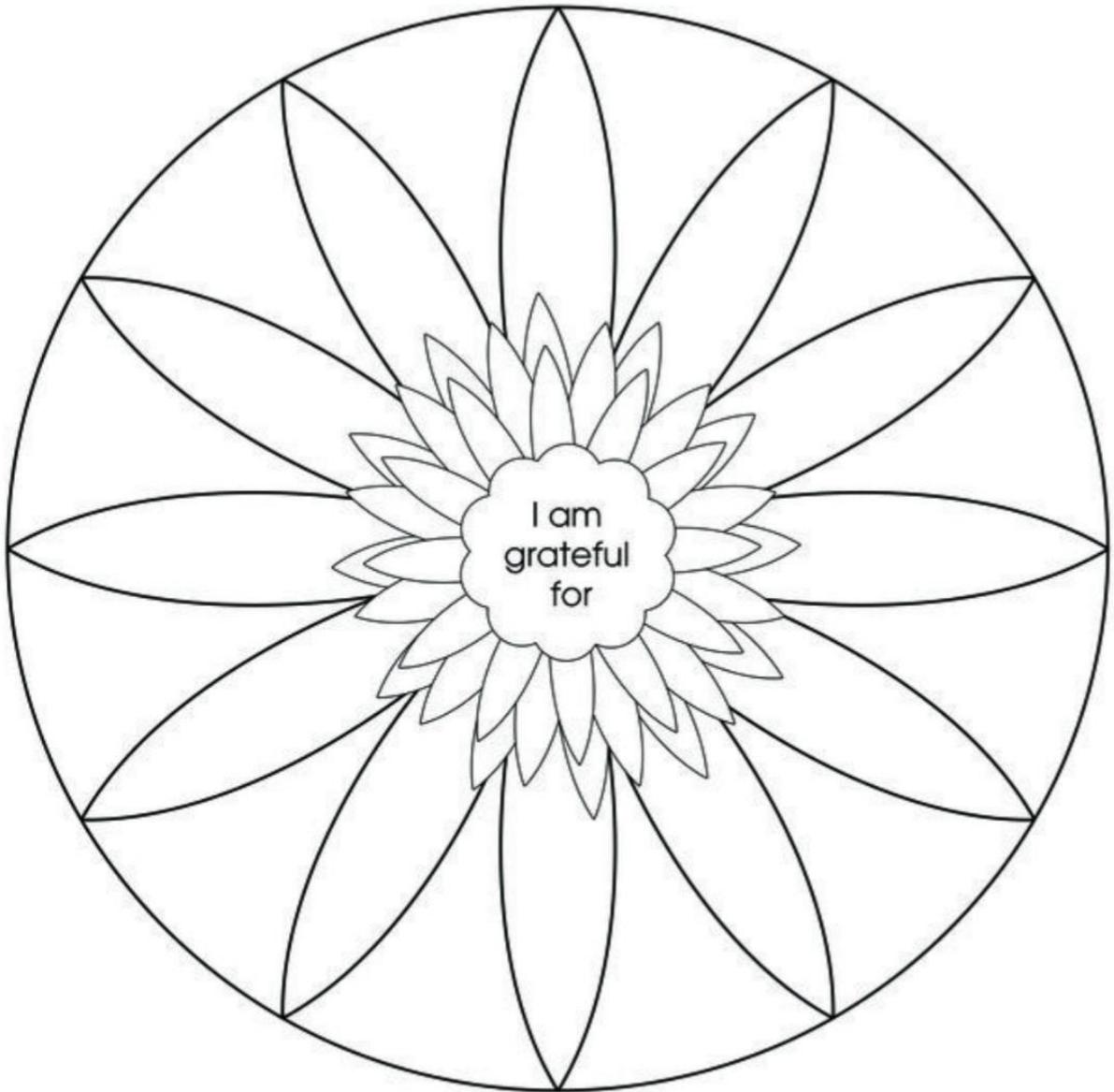
Draw or write in the heart all the things that you are grateful for. It might be your favorite food, the sunshine, friends, hugs, your teacher, maybe it's your pets or your new school bag.

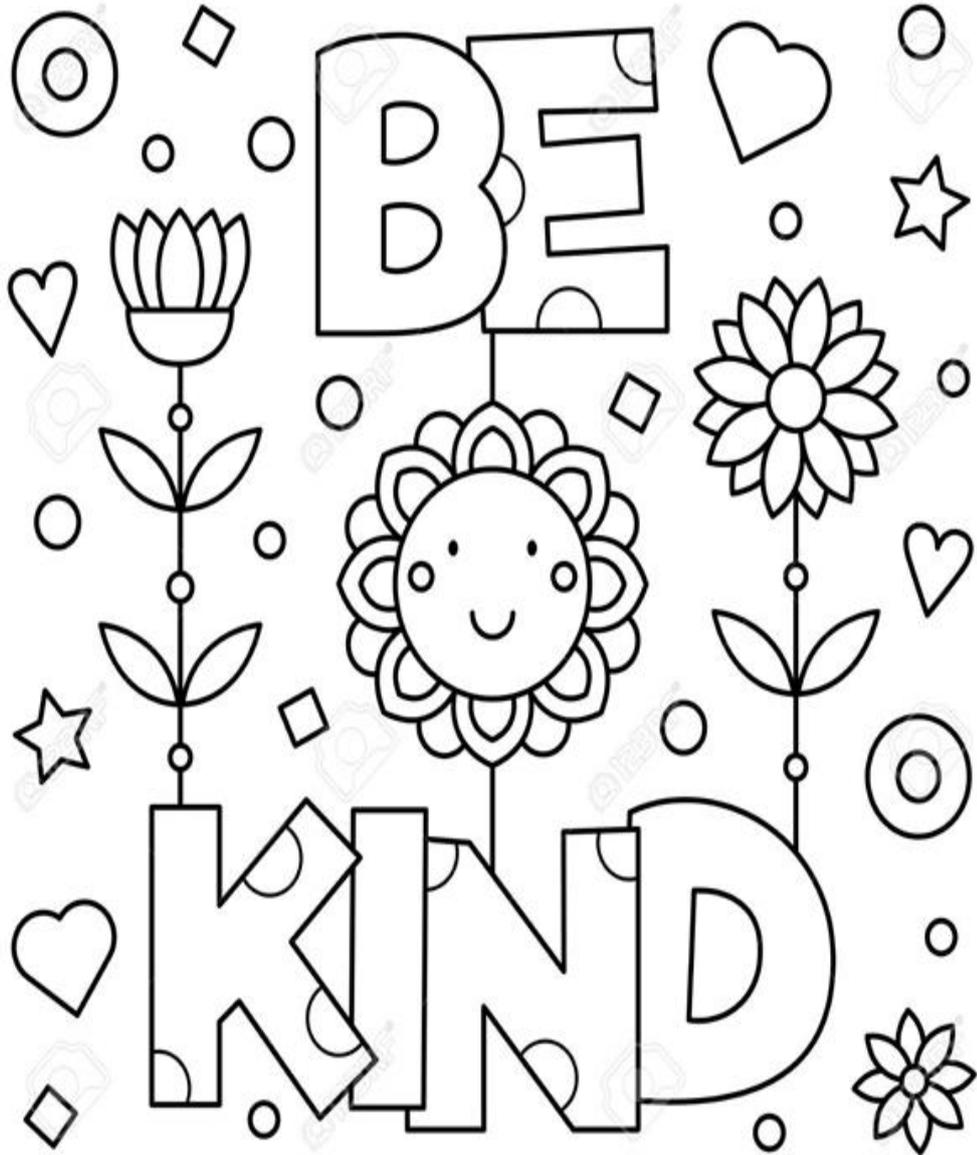


## Colour a mandala

This can help us to focus and to calm down when we need some quiet time







BE HAPPY  
BE BRIGHT  
BE YOU



# Things that make me feel....



# WHEN I FEEL WORRIED...

I can speak to:

It's **SAFE**  
to feel  
my **FEELINGS**

I can try this  
breathing activity:

I can go outside and:

I can tell myself:

- This is tough but **so** am I.
- I can always **ask** for help.
- I can **focus** on things I can **control**.
- \_\_\_\_\_
- \_\_\_\_\_

I can try these things to feel better:

Big Life Journal

Give someone a hug

Write in a journal

Hum or sing a song

I can move my body by:

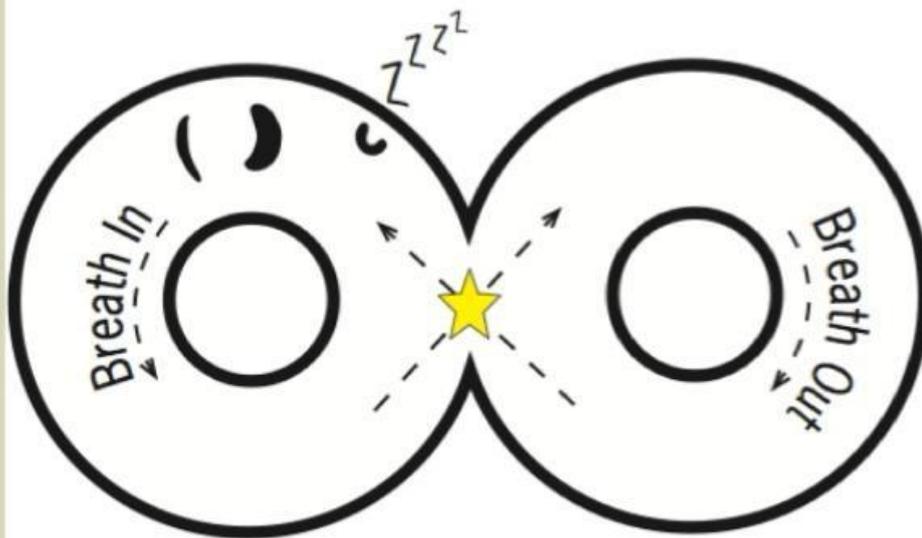
I can listen to:

**FEELINGS  
COME  
AND  
FEELINGS  
GO**



# Breathing techniques

## Lazy 8 **Breathing**



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.



## Mindfulness Bingo

The goal is to complete one row of squares by an end day or date. Colour in the square once you have completed it

I will complete this bingo by \_\_\_\_\_

Go on a mindful nature walk	When you wake up take 5 deep breaths	Blow bubbles and watch them float away	Colour a picture	Name 5 things you can see right now
Invite a friend to breathe with you for 30 seconds	Name one thing you can taste right now	Create a mind jar	Tighten your muscles then let go	Take a mindful bath listen to the water running
Name 3 things you can hear right now	Practice mindful eating, how does the food taste?	Write your own story	Name 4 things you can touch right now	read a book
Be a butterfly! Sit bend knees and flap legs like wings	Give yourself a tight hug for 10 seconds	Close your eyes and take 10 deep breaths	Close your eyes and think of a favorite memory	Go for a walk
Jump up and down then relax with hand on your heart. Feel your heartbeat	Balance on one foot while keeping your gaze on something in front of you	Lay down flat with plush animal on belly, breathe in and out	Name 2 things you can smell right now	

You can cut these out and look at when you need a reminder of how fantastic you are. Or maybe you could share with a friend

**I am smart**



**I am a great listener**



**I am a good friend**



**I am loved**



**I am unique**



**I am awesome**



**I am creative**



**I am resilient**



**I am helpful**



**I am funny**



I have a positive attitude



There is no one quite like me



we think

you are beautiful

you are strong

you are enough

## Gratitude Scavenger Hunt

Try this at home Tick them off as you go

Find something you enjoy looking at  
Find something that is useful for you  
Find something that is your favourite colour  
Find something you know someone else will  
enjoy

Find something that tastes good  
Find something that smells amazing  
Discover something new  
Find something that makes you happy  
Find something that makes you feel safe  
Find someone you are grateful for  
Find something that is unique to you  
Find something that makes you laugh  
Find your favourite place to spend alone time  
Find something that reminds you of the  
people you love  
Find something that you enjoy doing outside  
with friends

## Wellbeing Word search

W	O	R	R	I	E	D	W	N	A
K	E	T	H	O	U	G	H	T	S
Z	X	L	Z	O	N	E	T	K	M
C	A	S	L	E	E	P	D	I	I
B	O	D	Y	B	R	A	I	N	L
U	N	I	Q	U	E	C	V	D	E
G	P	O	S	I	T	I	V	E	L
E	Y	F	E	E	L	I	N	G	S
H	A	P	P	Y	R	O	H	G	U

HAPPY

SMILE

KIND

THOUGHTS

ZONE

BRAIN

BODY

WELLBEING

POSITIVE

WORRIED

UNIQUE

FEELINGS

# Circle of Control





## Useful links and resources for grown ups

- The Association for Child & Adolescent Mental Health website

[Acamh.org/learning/](http://Acamh.org/learning/)

Topic Guides on website have upto date resources

- Royal College of Psychiatrists

[Rcpsych.ac.uk/mental-health/parents-and-young-people](http://Rcpsych.ac.uk/mental-health/parents-and-young-people)

- Playboardni

We hope you enjoyed our activity book ....bye for now



