

## Well-being Activities

### 14 day Photo Challenge 1

Can you take a photograph of all of these things?



### Write a Card or Letter

Write a card or letter for someone special to brighten up their day and make them smile.

Draw a picture and send it to someone special.

### Mindful Rainbow Walk

Go on a walk around your house or in your garden – what things can you see to match each colour of the rainbow?



### Thankful Jar

You and your family might like to fill a jar with things you have enjoyed during the week or things you are thankful for. At the end of the week, get them all out and talk about what you wrote.



### Family Chains

Make paperchain people for each member of your family. Draw a picture on one side and on the other side write all the things you love about them or what makes them special to you. Hang them in your house.



### Friend Chains

Make paperchain people for your friends – write why they are such good friends.

You could perhaps send a friend a photo of their doll to make them smile and remind them why they are a good friend.

## Well-being Activities

### 14 day Photo Challenge 2

Can you take a photograph of all of these things?

1 Rainbow challenge – something red	2 Something that inspires you	3 Favourite movie	4 Something with patterns	5 Rainbow challenge – something blue
6 Something from an unusual angle	7 Rainbow challenge – something orange	8 Dress up! A photo of you dressed up – either smartly or fancy dress	9 Something that sparkles	10 Favourite quote – write it and photograph it
11 Shadows – take a photo of a shadow	12 Rainbow challenge – something yellow	13 How you feel today – show your expression or draw it and photograph it	14 Something you are grateful for	 <b>ELSA</b> support <small>www.elsa-support.co.uk</small>

### Paper Chains

#### Happiness Chain

On each link, write all the things that make you happy.

#### Positives Chain

Write all the positives in your life.



### Recipe – How to be a Good Friend

Can you create a potion/mixture to make a good friend e.g. 1 cup of kindness, 2 teaspoons of giggles, a sprinkle of laughter etc.

### Positive Questions

Can you think of an answer for each of these questions? Ask your family too.

A time when you felt happy	Something you are grateful for	The funniest memory you have	A place where you feel happy	5 things you like about you!	What is your favourite smell?
Your closest friend's name is...	Your proudest moment	Something difficult you managed to do	What would your perfect day look like?	A favourite holiday or day out	The best book you have ever read!
Who makes you feel safe?	A superpower you wish you had	The kindest thing you have done	The kindest thing done for you	A time when you helped someone	A time when someone helped you
A time when you felt excited	Your biggest wish	The best dream you ever had	One thing you are really good at	The best game you have played	A time when you felt brave
Something that relaxes you	A time when you were thoughtful	A time when you were friendly	One word that describes you best	A time when you were confident	Something new you want to try to do

### A to Z of Kindness

Can you create your own A to Z?

A TO Z OF KINDNESS

<b>A</b> ASK someone to play	<b>B</b> BE considerate	<b>C</b> COMPLIMENT someone	<b>D</b> DONATE a toy or book to a charity shop
<b>E</b> ENCOURAGE your friends	<b>F</b> FRIENDS need you to look out for them	<b>G</b> GIVE someone your biggest smile	<b>H</b> HUG a friend or family member
<b>I</b> INVITE someone to sit with you	<b>J</b> JOIN a charity and raise money	<b>K</b> KIND words always!	<b>L</b> LISTEN to your friends
<b>M</b> MANNERS remember yours!	<b>N</b> NOTICE how others are feeling	<b>O</b> OPEN your heart	<b>P</b> PRAISE someone
<b>Q</b> QUIET when the teacher is talking	<b>R</b> RING a family member	<b>S</b> STAND UP for your friends	<b>T</b> TELL a joke and make someone laugh
<b>U</b> USE your kind hands	<b>V</b> VALUE your friends	<b>W</b> WRITE a thank you note	<b>X</b> EXCEL yourself with kindness
	<b>Y</b> you can care and show empathy	<b>Z</b> ZERO meanness	

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## Well-being Activities

### Worry Jar


Write down your worries and put them in a jar or a box.  
Writing them down might make you feel better and you could also talk your worries through with your family. You might find that they have the same worries too.



***Don't fill your head with worries, fill the jar instead.***

### Design a Worry Monster


#### The Worry Monster Poem



I'm your little worry monster  
I am always here  
When worries pop into your head  
Don't let them turn to fear

Take a piece of paper  
Make sure you write your name  
Explain your worry  
Write it clear and plain

Put the worry into my mouth  
And let me eat the fear  
Put a smile upon your face  
Then give a great big cheer!



You could write any worries around the edge of your picture or get creative and make one with an opening like a mouth so your friendly monster can eat your worries and take them away from you.

*Talk about your concerns with an adult and then put them to one side in the worry monster or worry jar.*

### The Worry Tree



### Relax!

How do you like to relax? You could make your own list.



#### Relax

This means you let your muscles in your body relax and you let your mind relax too. Sometimes if you work on relaxing your mind it helps to relax your muscles. Sometimes if you work on relaxing your muscles it helps to relax your mind.

#### Tips

- Read a book – when you escape into a good book it can feel very relaxing.
- Watch a movie – like reading a book it can feel relaxing to watch something you enjoy.
- Take a walk or do some exercise (You will feel more relaxed afterwards)
- Focus on your breathing – slow it down, try **7/11** breathing which means breathe in for the count of **7** and out for the count of **11**
- Be creative and try drawing, painting or mindful colouring.
- Spend time watching nature. It might be through your window at the moment or if you have a garden or yard you could sit quietly and just watch. You could use a camera to take photos.
- Listening to music can be very relaxing.
- Draw your happy place and imagine it when you are feeling tense.
- Flop on a beanbag, cushion or on your bed.
- Try a mindful walk – what can you see, hear, feel, taste or smell?