

## Wellbeing message from Helen the School Counsellor



Hello Badgemore Children!

It's been a funny old week or so hasn't it? Lots of things have changed very quickly and you may have lots of mixed feelings about being away from school and friends.

You already have lots of activities from school to help keep your brain active and I thought, each week, I'd send some activities, ideas and links that may help you to feel calm and happy too.

We all get used to our routines and knowing what is going to come next, it makes us feel safe. So, when life changes suddenly sometimes children (and parents!) worry, this is all normal. If you are worried, or feeling any other big and difficult feelings it is good to talk to someone about it. Sometimes, just saying the worry out loud makes it go away or someone else can help you with it. I've added a link to a story 'The Huge Bag of Worries' below that may help.



I'll send an email every Tuesday during term time that we are away from school and I'll send you enough to keep you going throughout the week. **These are all optional activities, you don't have to hand anything in!**

### Activity 1

'Go noodle' has lots of great calming You Tube clips for children – here's one with Maximo who takes you on a calming imaginary tightrope walk!

<https://www.youtube.com/watch?v=ETWjQTZR95o>

### Activity 2

This is a fantastic story to listen to - 'The Huge Bag of Worries' by Virginia Ironside, it may help if you have any worries and even if you don't, it's a great story!

<https://www.youtube.com/watch?v=CDrnuPj7xfs>

### Activity 3

Make a happy playlist. If you have access to Spotify, Apple Music or Amazon Music you can create your playlist of songs to cheer you up. You could also try creating other lists for other people in your family – choosing songs that you know your mum, dad, brother or sister might like may brighten their day too. It doesn't have to be just happy songs, you could also create other playlists too –



maybe a 'calming playlist' or a 'study playlist' to put on quietly whilst doing art or creative activities.

#### Activity 4

Mindfulness break –I've attached a copy of this mindfulness exercise if you would like to print it out to guide you.

##### Step 1

Make sure you are sitting comfortably in a quiet and safe place. When you feel ready, close your eyes. Notice your breathing. Think about how it feels breathing in and breathing out. Try to breathe in through your nose and out through your mouth.

##### Step 2

Place your hand on your tummy and focus on the feeling of your stomach rising and falling with each breath. When you breathe in, quietly say 'in' to yourself, and when you breathe out, quietly say 'and out' to yourself.

##### Step 3

Concentrate on nothing but your breathing and try to let go of any other thoughts you may have.

Do this for 2 minutes

When you've had lots of practice at the breathing exercise, see if you can think about a happy memory at the same time. This way your happy memory will take up all the space in your brain, and there won't be any room for any worries.



#### Activity 5

Did you know how good colouring is for your brain? Focusing on colouring-in helps to relax our brains and helps to slow down our thoughts... it gives our brains a rest and helps our bodies relax too. You can always colour with someone; they can colour one half in and you the other!

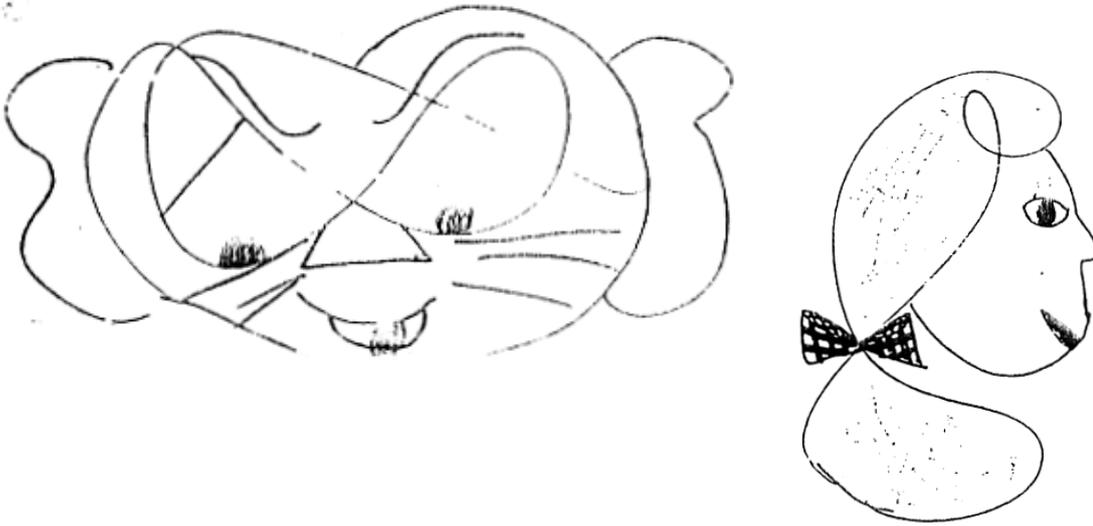
I've attached some colouring in sheets for you to print off, a football and rugby picture as well as some other patterns. If you don't have a printer, could ask someone to draw a simple shape or outline of a picture for you to colour in.

#### Activity 6

The squiggle game – ideally needs to be played with someone else, but you can play by yourself.

1. Take a piece of paper and a pen/pencil each.
2. Close your eyes and make a squiggle on your page – as big as you like.

3. Open your eyes and swap your paper with your partner.
4. Look at your partner's squiggle and add details to it to turn it into a picture.
5. You can add as much detail as you like and fill in a background too if you like.
6. If you don't have anyone to draw with, just close your eyes to squiggle and fill in your own!



### Activity 7

I'm a star at...

It's important that we can think about ourselves in positive ways. I've attached an 'I'm a star at' sheet for you to print out and fill in... if you get stuck ask your family for ideas about why you're a star. Maybe you are a good friend, help your sister with her homework, can make people laugh or can do 5 'keepy uppys' with a football! Again, if you don't have a printer you can draw your own stars.

