

Well-being email - week 3

I hope you all enjoyed the Easter break and the sunshine and that you aren't missing school and your friends too much. Here are a few more ideas to help you to stay happy and calm during another week at home.

[Learn about Coronavirus!](#)

If we had a £ for each time we heard the word 'coronavirus' we would all be very rich! But what is the coronavirus? Axel Scheffler, the illustrator of 'The Gruffalo' has helped to create a free online book all about Coronavirus, it's worth a read. Here's a link

https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf

Most times, the news on TV is aimed at adults and can be a bit confusing or worrying, if you are interested in news about the virus then you could always try CBBC Newsround which is more child-friendly. www.bbc.co.uk/newsround

[Make a DIY stress ball](#)

You will need a balloon, flour, empty bottle and a pen.

1. Put flour into an empty water bottle
2. Stretch a balloon over the top of the bottle
3. Shake and squeeze the bottle until flour fills the balloon
4. Draw a face on the balloon



[Create an illustration - Premier League Primary Stars challenge](#)

Drawing and creating is a great activity to help you relax. The Premier League has lots of great resources for learning and wellbeing. Each week they have a challenge, this week the challenge is a drawing an illustration from a favourite book. If you send in your illustration then it may go up on the Premier League website. Have a look here -

<https://plprimarystars.com/news/friday-family-challenge>

Worry monsters



I can try some exercise. Anything at all
I enjoy doing such as skipping, jogging
on the spot, or running up and down
stairs.

I can do a crazy dance to my favourite
music. I can lose myself in the music
and just think about my body and the
music

I can sing a favourite song. I can sing
loudly for everyone to hear.

I can count my breaths. In - 1, out - 2,
In - 3, Out - 4 and so on

I can look out of the window and find
shapes in the clouds. I can watch them
gently floating by.

I can watch a favourite movie and just
think about what is happening in the
movie

I can talk to an adult too!



I can take some calming breaths. I can breathe in for the count of 7 and out for the count of 11

I can do some mindful colouring. Concentrate on the colours, shapes and design. Think only about the colouring

I can imagine I am a snowman and bit by bit my muscles are relaxing and I am melting into a puddle on the floor

I can imagine my happy place in my mind and I can go there for a while. I can use my 5 senses to really be there

I can lose myself in a good book. I can enjoy the story and forget about everything for a while

I can play with some playdough. I can make shapes with it. Squeeze it, roll it and stretch it.