

Well being Ideas

I know you have been spending lots of time at home and not able to see your friends, however we are lucky to live in a time of amazing technology so we can use video calls to keep in touch with others. An idea for younger children who may prefer to play than chat is to play and chat at the same time! Children can keep up their social skills by video calling a friend whilst doing the same activity as their friend, such as colouring or Lego. This can take pressure off a face-to-face call!

Here are some more activities to help you feel happy and connected to others...

Back garden Crazy Golf

If you're lucky enough to have a garden then why not create a Crazy Golf course in it?

You could work with someone else in your family to create a course and then challenge them to a game. Spending time with someone from your family and being outside is good for you. Follow the link below for some ideas and directions.

What do you need?

Plastic cups, buckets or empty pots

A handful of stones

Items and materials from around the home for obstacles

A golf ball & golf club (a mop and tennis ball could be an alternative)

A notepad & pen



<https://www.bassettsvitamins.co.uk/fun-activities/back-garden-golf-course>

Find a Pen Pal in another country

Maybe your mum, dad or grandparents had a pen pal when they were at school, maybe they still do! Pen pals are people, normally children, who have never met but write to each other about what it is like to live in their country. You can learn about what children in other countries do in their spare time, at school, what types of foods they eat. You can choose to write letter and post it (like your parents may have done!), or now you can email.

Students of the World is a non-profit organisation that has a kid-friendly, free and safe website where you can search for someone to become your pen pal. You can search for another child the same age as you and from a country you are interested in.

Parents - There is no need to register your email address or any personal information. The website is monitored every day to keep it 'kid-friendly'.

For more information go to [www.students of the world.info/](http://www.studentsoftheworld.info/)

Play 'Would You Rather?'

Have a look at the questions and have a think about which you would 'rather'! There are lots of questions that will let you have some great conversations with people in your house, you have to explain why you have made your choice. You could choose a couple of questions to talk about whilst you are having dinner or maybe you could video call/phone a friend from school and ask them which they would 'rather'.

Would You Rather... Questions for Kids

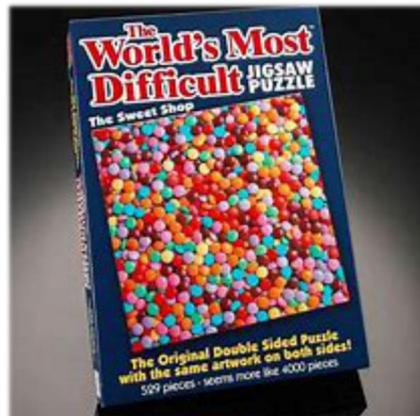
1. Would you rather be the smartest kid in class or the best player on a sports' team?
2. Would you rather eat a giant bug or get stung by a bee?
3. Would you rather live in a mansion or on a farm?
4. Would you rather break an arm or a leg?
5. Would you rather be able to fly or read minds?
6. Would you rather eat chocolate cake or strawberry pie?
7. Would you rather read the book or watch the movie?
8. Would you rather be too hot or too cold?
9. Would you rather have breakfast in hot air balloon or dinner in a castle?
10. Would you rather have a dog to skate with or a pig to ride?
11. Would you rather eat rotten cheese or rotten eggs?
12. Would you rather be the player or the coach?
13. Would you rather have a missing finger or an extra toe?
14. Would you rather have the ability to fly or the ability to become invisible?
15. Would you rather eat a whole stick of butter or drink a cup of hot pepper sauce?
16. Would you rather play at the beach or in the snow?
17. Would you rather live without music or live without TV and movies?
18. Would you rather meet a famous actor or the President?
19. Would you rather live without electricity or indoor plumbing?
20. Would you rather be 3 feet tall or 8 feet tall?
21. Would your rather run barefoot over broken glass or run barefoot over hot coals?
22. Would you rather meet an alien or a superhero?
23. Would you rather be a famous singer or a famous actor?
24. Would you rather be a superhero or a villain?
25. Would you rather have 500 tarantulas crawling in your house or 1000 crickets jumping around your room?
26. Would you rather have a dog head and human body or human head and dog body?
27. Would you rather live the life of a dog or the life of a cat?
28. Would you rather have a unicorn horn or a squirrel tail?
29. Would rather be able to speak every language in the world or play every instrument?
30. Would you rather be a great skateboarder or a great juggler?
31. Would you rather have 10 brothers or 10 sisters?
32. Would you rather have a robot or a helper monkey?



Do a jigsaw puzzle

Doing a jigsaw puzzle is good for you in lots of ways, it can help you in lots of ways, including;

- making you feel calmer
- giving your brain a work-out by developing your memory and problem-solving abilities and
- helping you to learn to co-operate with others, if you take on the challenge with someone in your home and
- giving you a good feeling when you finally push in the final piece of the puzzle!



Paint or draw how you feel

We may not want to talk about how we feel, or sometimes don't know which words to use, so instead you could have a go at drawing or painting how you feel. It's good to use colours and shapes as there is no worries about 'getting it wrong'! Maybe you could choose colours to show different feelings; angry, sad, happy, bored. Then you could mix them all up on the page, we often have lots of different feelings over a day, maybe your picture could show this.





Get a good night's sleep!

Getting the right amount of sleep is really important to help you stay happy.

Lots of children may groan when they read this...when you're young sleep can feel boring!

Here are some ideas to make your bedtime more a bit more bearable;

- put up some pictures around your bed to look at as you're drifting off.
- listen to some calming music or a story as you fall asleep.
- ask your parents if they have a calming smell that you can put on a hanky or piece of fabric.
- instead of counting sheep, try and name all of the people in your class (or in the infants/juniors!)
- find a teddy that you haven't slept with in ages and treat it to a night in your bed.

Children need different amounts of sleep, a 5 year old needs about 11 hours a night, while a 9 year old needs roughly 10 hours.

And finally...

Plan a fun day (for after the lockdown!)

After so long stuck inside it's good to remind ourselves that we will be able to have fun days out again! You can do this by planning an imaginary day out, you could plan your idea day and think about who you would spend it with. Maybe it will come true one day! You can find an idea sheet below.

Have a good week everyone!!



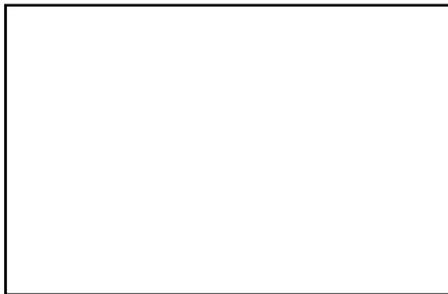
My fun day (...after the lockdown!)

1. Look at the boxes on the page. What would you do on your perfect day?
2. Draw a picture or write a sentence to go with each question.

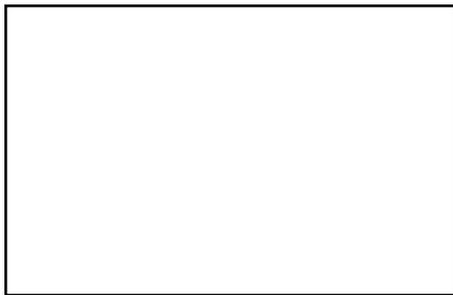
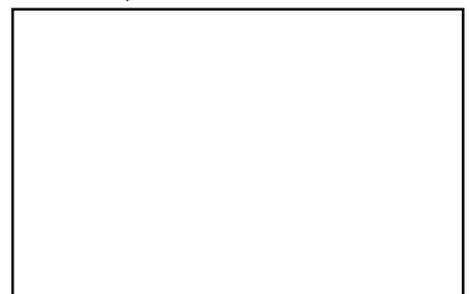
First, I would...



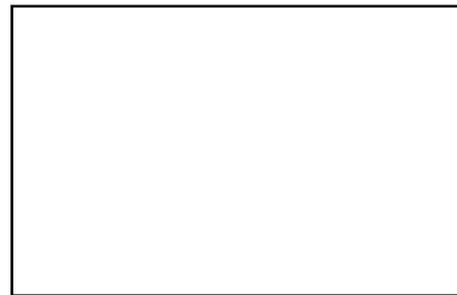
Then, I would....



Finally, I would....



Who I would be with...



What I would wear or take

How I imagine the day would be.....

