

Well-being activities to try at home

Term 1 Activities EYFS and KS1

Read and Draw Pictures
 Read 'Everybody Worries' by John Burgerman.
 Discuss your worries with a parents. Draw a picture about your worries
<https://www.oxfordowl.co.uk/api/interactives/29765.html>

Make a stress ball
 With a parent make a stress ball. Talk about the face you have chosen to use and why
<https://www.youtube.com/watch?v=Fz5iEBdJM84>

Happy
 Make a list of things A-Z that make you happy
 or
 Take a picture of something that relaxes you.

Pinwheel Breathing Exercises
 Make and decorate the pinwheel and then take part in the pinwheel breathing exercises.
<https://www.teachstarter.com/gb/blog/classroom-mindfulness-activities-for-children-gb/>

Exercise and Dance
 Do the dog and hippo dance with all your family. [Watch it here.](#)

Diet
 Make a fruit salad and have a teddy bears picnic
<https://realfood.tesco.com/recipes/fruit-salad.html>

Term 1 Activities KS2

Photographs

BBC: Express yourself!
 Look at people's wonderful photos expressing their feelings during lockdown! The BBC have pulled together a variety of photographs which illustrate the ways in which individuals have expressed their feelings whilst social distancing and self-isolating.

Discuss with a parent how these photographers make you feel. What were the people feeling at the time of taking their picture.
<https://www.bbc.co.uk/news/uk-scotland-52096963>

Then create one of your own.



Meditation

With a parent try one of the meditation exercises attached:
<https://annakaharris.com/mindfulness-for-children/>

Meaningful words

Take photos of letters out and about, to add together to form a word e.g. your name or something like hope, happiness, love, community.

This will help you to take notice and be mindful of your surroundings. It can also be done indoors

Discuss the word you have chosen and why it is important to you at this time.




Exercise

Devise an exercise routine using funky moves.

Worry Jar

Find a jar or any container, and decorate it. Write your worries on pieces of paper. Fold them up and put them in the jar, and close the jar. Choose 10-15 minutes a day (when it is quiet and someone has lots of time free) to talk about your worries with a parent or carer.

<https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Worry%20Jar.pdf>



Diet

Help to make a healthy lunch. Come up with your own or use one from the NHS webpage below:
<https://www.nhs.uk/change4life/recipes>