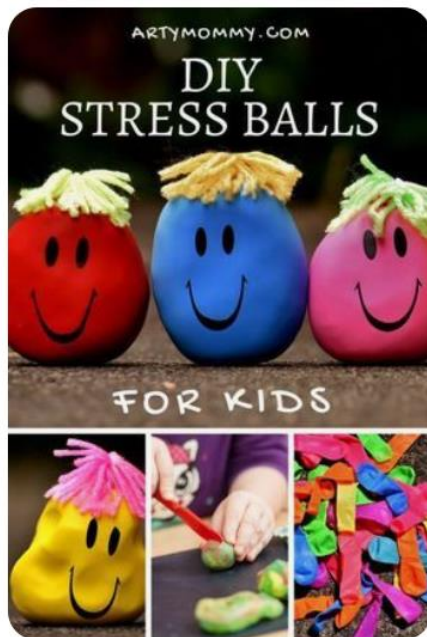


Activity	Resources
<p>Worry rainbow activity: This activity gives children the opportunity to voice their feelings and also discuss what they are looking forward to in the future. Children will record their worries on the worry cloud or write them on small clouds and then stick them on. Childs worries and excitements to be discussed. Can visually show their worries floating away.</p>	<p>Each child needs a worksheet from Twinkl https://www.twinkl.co.uk/resource/t-c-2548849-worry-cloud-transition-activity-resource-pack</p>
<p>Dream jar: Children to create their own dream jar, show and talk about a happy dream they have drawn</p>	<p>https://www.twinkl.co.uk/resource/t-c-254706-design-your-own-dream-jar-activity-sheet</p>
<p>Positivity jar: Children to create a jar full of positive thoughts. Children can either use the sentences from Twinkl or write their own on strips of paper</p>	<p>https://www.twinkl.co.uk/resource/t2-p-464-positivity-jar-activity-sheet</p>
<p>Kindness artwork: Discuss the importance of kindness now we are back at school. Children to produce a piece of artwork demonstrating what kindness means to them. Could link to Coronavirus by thinking about all the amazing things people have done to help others.</p>	<p>Paper, paints- art resources that children request. Ask them to talk about their idea first.</p>
<p>Glitter jars: Children to create a glitter jar. Once it is made say, ‘When your brain has a glitter storm, shake this up and take deep breaths until the glitter falls’ Practise with the children. Label their own bottle, make them personal to them.</p>	<p>Bottles, clear glue, glitter, water</p>
<p>Drawing activity: Have the child personify their worry by imagining what the worry might look like if it were a real person, creature or thing. Maybe it looks like a big dragon. Then they can draw a picture or a comic or write a story about themselves as a superhero who defeats the worry.</p>	<p>Paper, example to model</p>
<p>Grounding exercises: There are ten activities on the website. For example; There’s nothing more grounded than a tree! Teach the children to feel his or her connection with the ground by imaging him/herself as a tree. This sounds like, “I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the</p>	<p>https://www.counselorkeri.com/2019/04/02/help-kids-manage-worry/</p>

ground. My arms are my branches. I feel them reach out into the world.” Simply noticing their bodies and feeling their connection with the room helps them to feel grounded.	
Sorting activity: Children to sort sentences and place them in envelopes labelled: Things that are in my control Things that are out of my control	Cut and stick activity. Some ideas on Pinterest
Children to complete the worries worksheet to start a discussion	https://www.twinkl.co.uk/resource/t-c-254664-my-main-worries-activity-sheet
Question box: Ask children to anonymously write their questions about what has happened recently on strips of paper.	A question box
Positive affirmations: Talk through the positive affirmation flashcards with the children. They could choose one each and take it in turns to read to the group.	https://www.twinkl.co.uk/resource/positive-affirmations-flashcards-t2-p-527
https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf	The PowerPoint explains what Corona Virus is and answers a lot of questions. It may be good to show the slides to the children who don't understand what is happening. It also suggests what children can be doing at home such as , writing stories or exercising. There is a 'worry buster' page that can be printed out for children to complete too.
Blowing bubbles. Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.	Bubbles
Build a face story stones. Children to draw parts of the face with different emotions on stones. Talk about how the face is feeling. Creative activity.	https://whereimaginationgrows.com/emotions-story-stones-for-kids/

Pinterest ideas



AutismEducators.com
a resource for those who teach, counsel, or live a child with autism

Make Your Own Putty For Therapy!

Things You'll Need
 1 3/4 cup water
 1 cup white glue
 Craft stick or plastic spoon
 2 bowls
 1 tsp. borax
 Air-tight container

Instructions
 Combine 3/4 cup water and 1 cup white school glue in a bowl. Mix the two ingredients together with a plastic spoon or craft stick.

Shake or mix 1 cup water and 1 tsp. borax in a separate bowl until the borax is dissolved.

Slowly pour the borax-water mixture into the bowl of glue-water, and mix the two together until a ball of putty is formed. You can use your hands to combine the two mixtures.

Bonus Activity: Self Esteem Roll and Respond

Objective:
 -Students will further explore concepts related to self esteem.
 -Instructor will be able to assess what students have learned during group.

Materials:
 Dice

Activity: (15-20 Minutes)
 Students will take turns rolling a dice. Based on the number they roll, they will respond to the prompts at the bottom of the page. Each time students can answer a prompt, they earn that amount of points. The student with the most points at the end wins. This can be done in a whole group setting, or in pairs.

	What is one thing you like about yourself?		What is one thing you can do if someone is being mean to you?
	What is one positive message you can send yourself?		Name one reason self esteem is important.
	What is one thing you are proud of that you have done?		Name one way that you can help someone else feel good about him/herself.





- What do you enjoy doing?
- What are you good at?
- What do you like about yourself?
- When do you feel most like you are walking into your power?
- When can you be you, 100% authentically amazing you?
- What is your idea of a fun time?
- What is your favorite subject in school?
- What do you enjoy learning about?
- What are your favorite things to make, create, or build?
- What are your superpowers? (And you must name at least 1.)
- Describe what a perfect day would look like for you.
- What are you curious about?
- What is something that you can teach others about?
- What is the most important advice you would share with someone you cared about?
- When do you treat yourself with kindness?
- How do you handle doing hard things?
- When have you been brave?
- What is something you feel proud about?
- What would your family say are your strengths?
- What would your teacher say are your strengths?
- What would your friends say are your strengths?
- What would you say are your strengths?



List of books children can listen to:

1. Today I Feel... An Alphabet of Emotions by Madalena Moniz.
2. Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst.
3. Wilma Jean the Worry Machine by Julia Cook, illustrated by Anita Duffalla.
4. The Colour Monster Pop Up by Anna Llenas.
5. How Do YOU Feel? By Anthony Browne.