

Wellbeing Activity Pack





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Welcome!



Welcome to our Wellbeing Activity Pack for Kids from Strengthening Wellbeing Together CIC.

This Pack has been designed for children to enjoy during the current Lockdown in the UK, but can be used anytime to support their mental health and wellbeing.

The idea for the pack came about because we wanted a way to support the schools we work with, even though we can't be there in person. We then thought it would be amazing if we could offer it out to all local schools in Liverpool to support your pupils during this uncertain period. Share it in class or share it with your parents!

The pack contains activities, crafts, breathing exercises, ideas, stretches. We talk about kindness, gratitude, feelings, change and more. We've also included content for slightly older kids, from the 'My Mental Health Rocks' curriculum (towards the end with the blue borders).

You'll notice that we have inserted links to Youtube videos that we created to go with some activities. They are not very professionally shot or directed I'm afraid, 'Lockdown Problems! - but we hope you enjoy!

**Please note: Youtube places thumbnail video recommendations at the end of videos. Unfortunately it's impossible for creators to remove these.*

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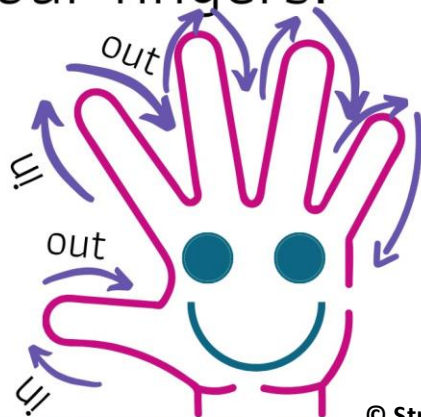
Five Finger Breathing



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Five Finger Breathing

- Hold up one of your hands.
- Use the pointer finger on your other hand to slowly trace the outline of your first hand.
- Breathe in deeply as you trace up each finger. Breathe out deeply as you trace down your fingers.



5 Finger Breathing



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If you can't see the Youtube video above go to: <https://youtu.be/V1zICTgYh4I>

Mindful **G**litter Jar



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Mindful Glitter Jar

You will need:

An empty jar with a lid, Water, Clear PVA glue, Glitter

Pour water into your jar.

Add a squeeze of glue.

Add glitter to your jar [different sizes work best].

Put the lid on tightly and shake!

Watch the glitter swirl around and slowly settle down to the bottom. Any time you feel a bit 'fizzy' inside, watch how the glitter calmly settles down. How do you feel now?



Rainbow Breaths



Rainbow Breaths

Stand up tall with your arms relaxed at your side.

Breathe in deeply as you raise your arms out wide and then reach up high.

Breathe out as you let your arms float down. As you do this, keep your arms straight like you're drawing a rainbow above you.

Close your eyes and imagine all of the colours of your rainbow.



Rainbow Breaths



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If you can't see the Youtube video above, go to: https://youtu.be/xiEAVpEc_-Y

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Mindful Walk



Mindful Walk



When you go for a walk try this mindful activity:

As you're walking, notice how your body feels.

Pay attention to how your legs, feet and arms feel with each step you take.

Notice how your foot feels as it touches the ground, and the movement of your body as you take your next step.

If other thoughts pop into your head don't worry, use the next step as an opportunity to start again.

Now using your sense of sight, look around and try to notice every detail.

What can you hear around you? Birds? Cars? People? The wind?

Can you smell anything?

Are you able to notice any tastes as you walk? Can you taste the air?

Now using your sense of touch, notice the feel of the earth beneath your



Mindful Walk



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<https://youtu.be/FtrlmcNeUM4>

Power on, Power off



Power on, Power off

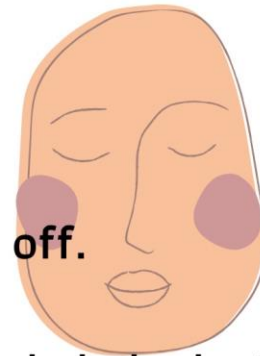
Take a deep breath and at the same time 'turn the power on' by squeezing your hands into fists.



Breathe out deeply and 'turn the power off' by opening and relaxing your hands.



Do the same thing with your face. Squeeze all the muscles to 'turn the power on'. Relax your face to turn it off.



Now try with your whole body. Lay on your back, breathe in and bring your knees to your chest and squeeze. Then breathe out & relax on your back

Power on, Power Off

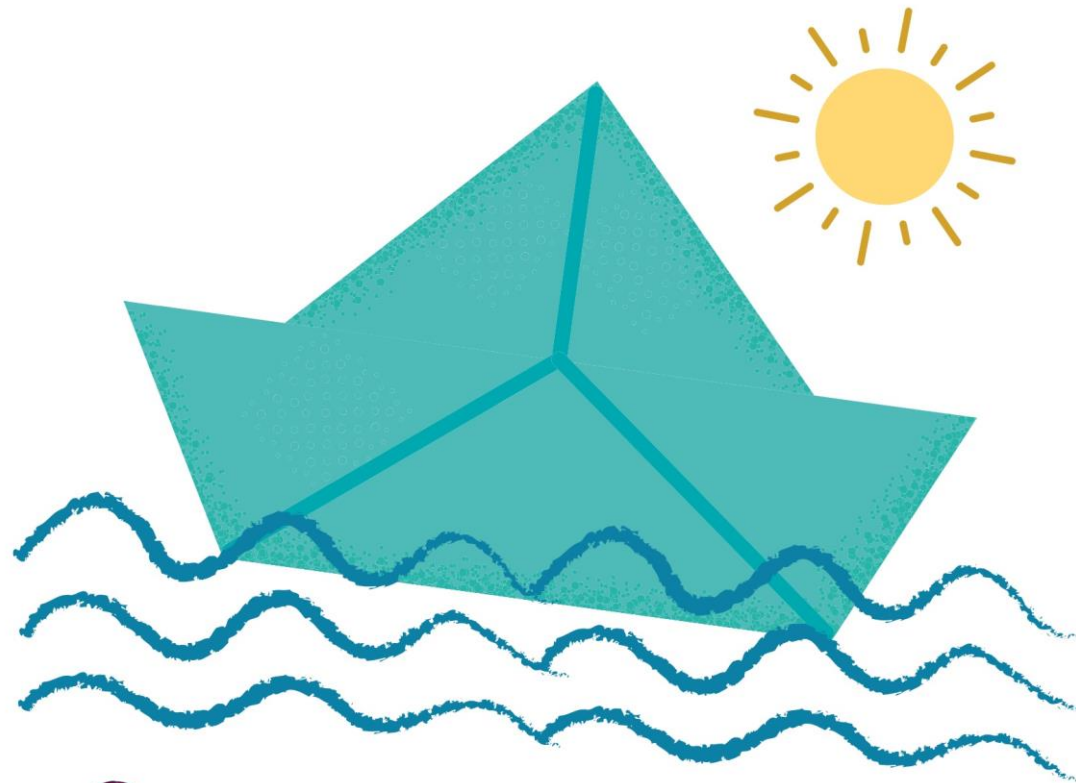


**Please note: Youtube places thumbnail video recommendations at the end of videos. Unfortunately it's impossible for creators to remove these. If you would rather your children didn't view these, please press pause or skip to the next slide before the video ends.*

<https://youtu.be/4kZ-1QjDVIM>

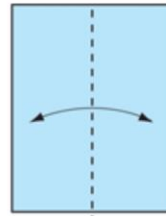


Little Boat on the Ocean

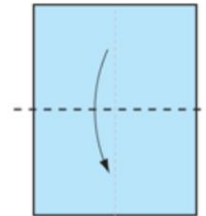


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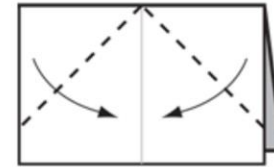
You will need:
A rectangular
piece of paper.



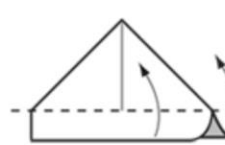
1. FOLD IN
HALF



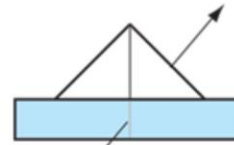
2. FOLD IN
HALF AGAIN



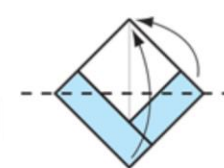
3. FOLD IN
CORNERS



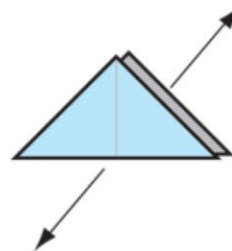
4. FOLD UP
EDGES ON
BOTH SIDES



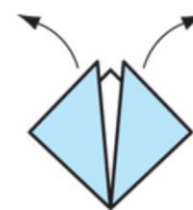
5. PULL THE
SIDES OUT
AND FLATTEN



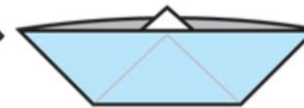
6. FOLD FRONT
AND BACK
LAYERS UP



7. PULL SIDES
APART AND
FLATTEN



8. PULL TOP
FLAPS
OUTWARDS



9. SQUISH THE
BOTTOM AND
PULL THE SIDES
UP

10. TA DAAA!



Origami Boat Tutorial



**Please note: Youtube places thumbnail video recommendations at the end of videos. Unfortunately it's impossible for creators to remove these. If you would rather your children didn't view these, please press pause or skip to the next slide before the video ends.*

<https://youtu.be/rXs9VeK6XJg>



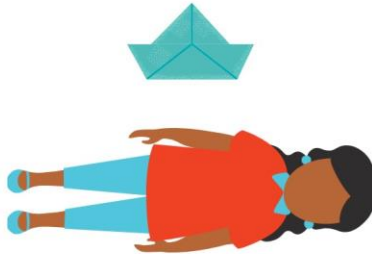
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Little Boat on the Ocean

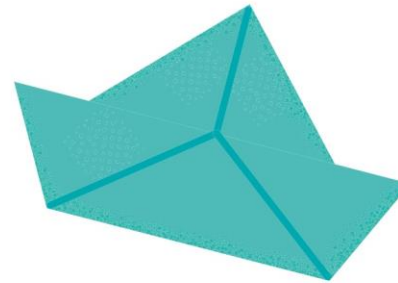
□ Make an origami paper boat, or if you prefer use your favourite teddy.

Lay down on your back.



Place the little boat [or teddy] on your tummy.

Breathe deeply and slowly in and out so it looks like your tummy is making waves for your boat.



Lion Breath



Lion Breath

Kneel down hiding your hands in fists behind your back.

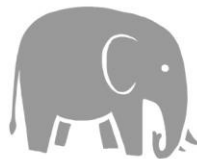
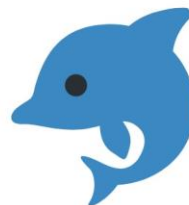
Take a big breath to the count of three.

Pop up tall on your knees and spread your fingers [paws], widen your eyes, stick out your tongue and roar like a lion!

Try it again but with a quiet, breathy roar.



Animal Stretches



ANIMAL YOGA



I am a giraffe.

EXTENDED MOUNTAIN POSE



I am an elephant.

STANDING WIDE-LEGGED POSE



I am a dog.

DOWNWARD-FACING DOG POSE



I am a cat.

CAT POSE



I am a butterfly.

COBBLER'S POSE

Flower Jewellery



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Flower Jewellery



Make dandelion rings by wrapping the soft stem around your finger and tucking the end in.

Make daisy chain bracelets. Ask an adult to help



Poem – 'Oh, Dandelion'



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<https://youtu.be/6qL8ehinfzY>



Springtime Stretches



SPRING YOGA

10 easy yoga poses for kids



1. Say hello to
the sun.



2. Pretend to be
a tree.



3. Pretend to be a
flying bird.



4. Pretend to be
the falling rain.



5. Pretend to be
planting seeds.

KIDS YOGA
STORIES

Changes

Have you noticed that there are lots of things in nature that change?

Caterpillars change to become butterflies



Tadpoles change to become frogs



The weather changes every day



Can you think of other things in nature that change? Maybe you could draw a picture or write a poem.

Changes

Sometimes things in our lives change too. We might get a new brother or sister, we might move house or change school.

Like now, our schools might close for a while and we have to learn at home instead. Or maybe we still go to school but things there seem a little different. Maybe our adults are acting differently.

Change sometimes feels scary and sometimes it feels exciting or fun! All feelings are ok but if you ever feel nervous about changes in your life try some of the breathing activities in this pack to help bring you back to your calm. Also, remember to talk to your grown up about your feelings. Maybe you could play the 'Guess the Feeling' game from this pack.

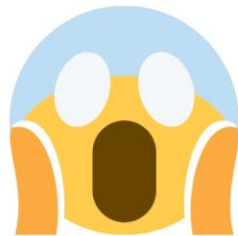
'Spring Song' - Poem by William Blake



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https://youtu.be/yHH_U_mD0h4

Guess the Feeling



Guess the Feeling

This game needs 2 or more players.

One player has to think of a feeling. Dont tell the others.

Next, act out the feeling without using words.

The other players have to guess which feeling you are acting.

When somebody guesses, you can each describe a time you have had that feeling.

Guess the Feelings



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Painting Rocks



Painting Rocks

You will need:

A flat pebble or stone, acrylic paint (or paint pens), paintbrush, water

Wash your rock and allow it to dry.

Paint beautiful patterns or pictures on your rock.

While you're painting, try to concentrate on what you are doing. If other thoughts pop into your head, notice them and then focus on your painting again.



Gratitude Tree



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Gratitude Tree

Draw or paint a tree with no leaves.



Think of things you are grateful for. They can be big things or little things. They can even be people.



Draw a leaf [or maybe draw around your hand] for each of the things, cut them out and stick them to your beautiful gratitude tree.

Rainbow Blowers

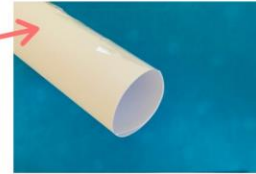


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Rainbow Blower

You will need: card, coloured tissue paper, white felt, glue, scissors, sticky tape

1) Cut an A4 piece of card in half and roll into a tube. Secure with sticky tape.



2) Cover your tube with blue tissue paper, or paint it blue.

3) Cut out cloud shapes from white felt and stick them to your tube. You could use white paper or cotton wool instead.



4) Cut out strips of colourful tissue paper and stick them to the end of the tube.



5) Your Rainbow Blower is now ready to use. Take lovely deep breaths and watch the colours blow - breathing deeply helps us to stay calm and relaxed.



Kindness Bubbles



LOVE



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Kindness Bubbles



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<https://youtu.be/11BXgSjq-vQ>

Kindness Bubbles



Take some bubbles and a bubble wand.



Think of something or somebody that you love.

Take a nice deep breath and blow your bubbles up
into the sky.

Let your love and kindness fly away inside the
bubbles so that they can spread around the whole
world.



Bumps in the Road / Problems

In our lives we will very often face what we call 'bumps in the road'.

Others might call them 'challenges', 'obstacles', 'things going wrong' or 'problems'.

For example...you might have been set a piece of schoolwork that you find difficult, you might not be able to go out with your friends because of lockdown or you might get a flat tyre on your bike.

Can you think of a time when you faced a 'bump in the road'? How did you feel? What did you do?

The great news is, you already have all of the skills you need to deal with 'bumps in the road'. We call them your Superpowers. Have a look at the Superpowers page to find out more!

You have Superpowers!

Did you know that you have 'powers' inside you that help you everyday? Here are just a few:



Resilience

Creativity

Calm



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wellbeing ♥ Together

MY
MENTAL
HEALTH
ROCKS



This superpower helps us to keep going every day even when things seem tricky or difficult! It's like an invisible rope pulling us forward. It's always there, it never goes away. Can you think of a time when you thought something was too hard but you did it anyway? How did you feel?

Draw a picture of this.



This superpower helps us to find new ways of thinking about things as well as creative ways to solve problems. If you ever feel stuck on something, trust in your creativity to guide you to a solution! Can you create something using only: 1 sheet of paper, two felt tips, a lolly stick, sticky tape & a piece of string? Let your creativity guide you!



This superpower helps us to come back to our normal way of feeling and thinking after we have been caught up in big emotions or when too many thoughts come all at once. Have you ever thought worried thoughts that made you feel anxious inside? Maybe your tummy started to feel funny? I'm guessing you didn't keep on feeling that way forever. Your calm superpower brought you back to your usual way of feeling eventually.

The great news is, it always does!

Thoughts & Feelings



We have around 70,000 thoughts each day!

Our thoughts cause our feelings

Our thoughts come and go naturally, as part of how we work. So, if we ever have thoughts that are causing anxious feelings we can be sure that they will eventually go away.

All of your feelings are ok. It's fine to feel sad or scared sometimes. Remember, feelings are just your natural reaction to thoughts and thoughts go away.

Can you think of a time when you had worried thoughts? How did you feel? Did the feelings go away?

Challenge your friends or family to a game of 'Guess the Feeling'.

THIS
TOO
SHALL
PASS

MY
MENTAL
HEALTH
ROCKS

www.kidsbeingkindmagazine.com



Kids Being Kind magazine are giving away a pack of 12 free colouring posters for kids to place in their window at home. You can access them here: <http://eepurl.com/gpiP3b>

THANK YOU

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We would be SO grateful if you could do us a small favour and review our services [here](#)!



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Links



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www.facebook.com/wellbeingtogether



www.instagram.com/strengtheningwellbeingtogether

Email: info@strengtheningwellbeingtogether.co.uk

SERVICES WE OFFER (AFTER LOCKDOWN):

- **'[My Mental Health Rocks](#)' Wellbeing Workshops** for children in Primary Schools.
- **Teachers' Wellbeing Workshops**
- Kids Yoga sessions in schools, nurseries and other settings, through [Mitchy Titch Yoga South Liverpool](#).
- **Parents' Wellbeing Sessions in the community and online**
- **Children's Wellbeing Sessions in the community and online**
- Please also check out www.twitter.com/mitchytitchnic, www.mymentalhealthrocks.com & www.mitchytitch.co.uk



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