

Emotions wheel art therapy



Roll a positive question

ROLL A POSITIVE QUESTION						
1	2	3	4	5	6	
1	A time when you felt happy	Something you are grateful for	The funniest memory you have	A place where you feel happy	5 things you like about you	What is your favourite time?
2	Your closest friend's name is...	Your proudest moment	Something difficult you managed	What would your perfect day look like?	A favourite holiday or day out	The best book you have ever read!
3	Who makes you feel safe?	A superpower you wish you had	The kindest thing you have done	The kindest thing done for you	A time when you helped someone	A time when someone helped you
4	A time when you felt excited	Your biggest wish	The best dream you ever had	One thing you are really good at	The best game you have played	A time when you felt brave
5	Something that relaxes you	A time when you were thoughtful	A time when you were friendly	One word that describes you best	A time when you were confident	Something new you want to try to do
6	A goal you have for today	The best meal you have ever had	Who can you compliment today?	The best compliment you have received	Who is your hero?	An adventure you would like to go on



Sleepy Mobile

Health and Wellbeing

During the Coronavirus outbreak you can support yourself by:

- Not** watching the news!
- Getting fit and healthy – healthy food, drink water, get some vitamin D from the sunshine. Do some exercise!
- Use mindfulness and calming techniques if you feel worried or anxious.
- Remind yourself that feelings don't last. They come and go!
- Talk to someone if you feel worried.
- Do lots of positive things and change those negative thoughts to positive ones.
- Connect with friends through social media, telephone, text, or video chat.
- Plan your days and have routines in place.
- Make sure you use strict hygiene. Wash those hands regularly and keep a social distance of 2 meters from anyone not living in your home with you.
- Remind yourself often that this will end. There is hope!
- You are not alone. Everyone is going through this too and you can help each other.
- Make sure you take time to relax and unwind. Do something you enjoy!

ELSA support

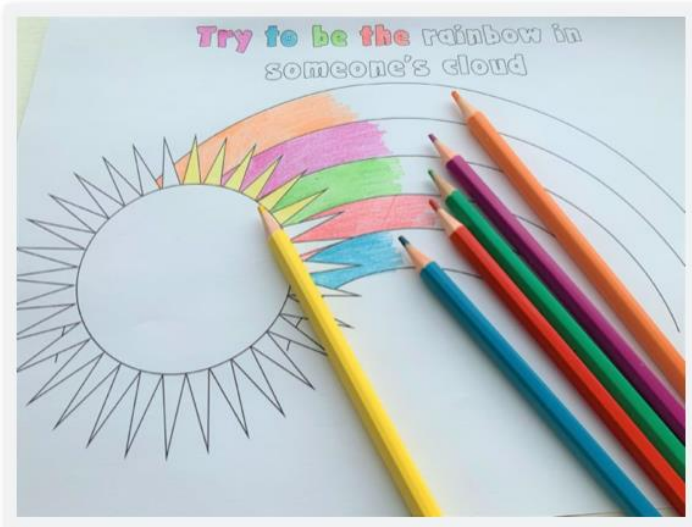
Health and wellbeing during the Coronavirus outbreak



My Home



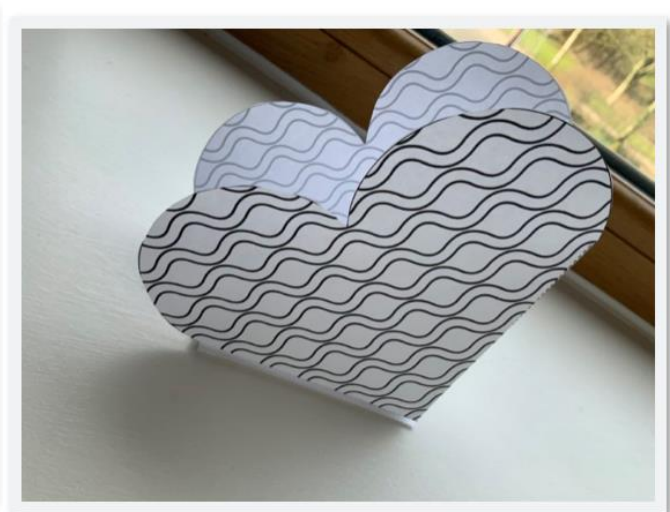
Happy visualisation



Rainbow Window Art



Sunshine smiles – window art



Heart Box mindful colouring



Positive Paper chains

Here are some really lovely activities that your children can do by themselves or you can help them with. They just need downloading and printing off.

These are all taken from the ELSA website (Emotional Literacy). There are many more free resources that are available to download

<https://www.elsa-support.co.uk/category/free-resources/>