



Hi Everyone,

Below is the work for you all for the next two weeks. Try to stick to good routines over the summer. As you know Creative Voices work isn't like literacy or numeracy school work, but work for **YOU** and dealing with big **YOUR** feelings. It would be good to develop lifelong habits of looking out for your own well being. You will never be sorry you did. Lots of grownups, me included, wished they'd spent more time learning about how to cope with emotional stuff.

Remember all the things we've talked about, look after yourself and each other. Remember the 5 steps to good mental health;

GIVE

CONNECT

KEEP LEARNING

GET ACTIVE

TAKE NOTICE

These will stand you in good stead in later years.

This is a really good link full of tips and advice

<https://youngminds.org.uk/media/3762/coronavirus-parent-to-parent-advice-guide.pdf> .

As we draw to the end of the school year, we all need to still look after ourselves over the summer. Over the next few pages/weeks I'll try to give you coping tips to get you through 'til we next meet up. Don't hesitate to get in touch via see saw if there's anything I can do to help.

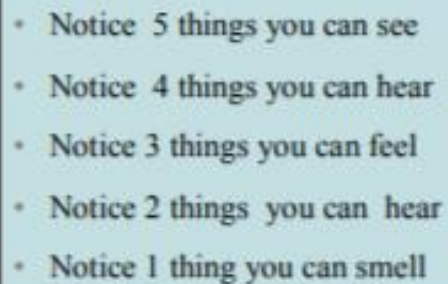
During the Covid-19 lockdown, we're all feeling less secure and missing our usual routines. But just as doing exercise improves physical health, you and your child can do activities to boost their mental health.

Use these activities to help your child find healthy ways to deal with their feelings and reactions to the Covid-19 situation while at home.

- Take around 10 minutes to complete and can be printed out and done with pen and paper or completed on screen
- We are covering the following themes 'til the end of term:
- Feelings,
- staying connected,
- dealing with change,
- getting along,
- dealing with worries
- and relaxing
- This is designed for children aged five to nine but you can be adapt it for your younger or older children

Other Activities for older children are after the mindfulness sheets at the end. They also can be altered to younger or older children. I hope they help.

Try to do as little or as much as you need. I would normally only see you for 45 mins or so a week but in these unusual times you might feel you need more. Five to fifteen minutes a day I think is most beneficial.

- 
- Notice 5 things you can see
 - Notice 4 things you can hear
 - Notice 3 things you can feel
 - Notice 2 things you can hear
 - Notice 1 thing you can smell

There's some more art and design videos on the school website you might like.

Creating a Routine

You will need



We've all experienced changes in our lives and routines, especially children because they can't go to school.

Create a new routine together to help your child feel more secure.

Use the timetable on the following page to create a visual timetable with your child.

Children can draw or write in the timetable or cut out and stick images of our suggested activities below.

Remember, it is important to have time to relax.

School work



Exercise



Chores


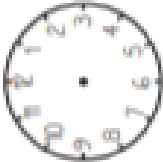
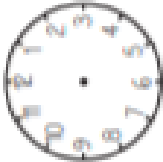




Creativity or playtime



Screen Time



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						
						
						



You will need



A feelings diary can help your child to identify feelings and help them understand that feelings change.

Try to spend time talking about one or two feelings your child has had each day. If they have difficult feelings (anxious, lonely, sad or frustrated) tell them that it's okay to feel like this and completely normal, especially because of everything that is happening.

Use the pictures from the 'Feelings Chart' on the following page to help children to come up with ideas.

	Today I felt (Write a sentence)	Today I felt (Draw a picture)	One thing that made me happy (draw or write a sentence)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Feelings chart

Use this chart to identify and talk about feelings you and your child might have.



HAPPY



ANGRY



SCARED



DISAPPOINTED



JEALOUS



SURPRISED



EXCITED



NERVOUS



SAD



LONELY



EMBARRASSED



BORED

Coping Toolbox

You will need.

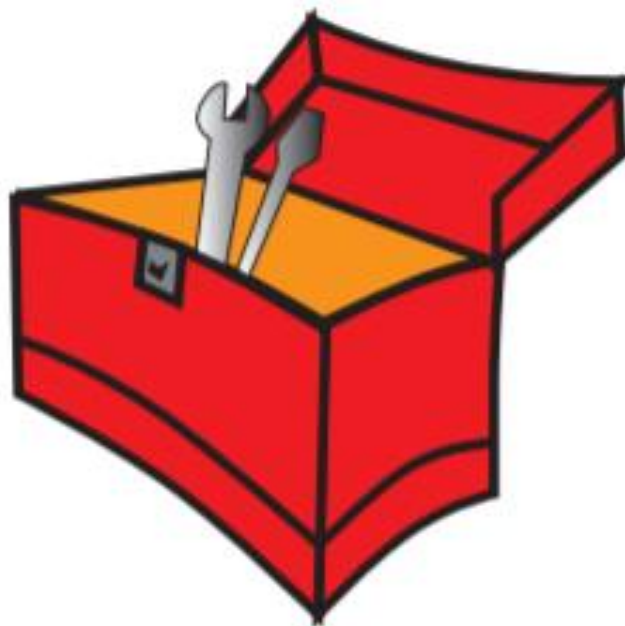
Any box or container - you could decorate it.

Life is upside down right now. Helping your child to find ways to relax and cope is vital to help their mind and body switch off from their worries.

Explain that they should fill their coping toolbox with things which remind them of good times or will help them feel better.

Examples: Photos, drawings, a gift which someone has given them, a sachet of hot chocolate, a bath bomb, a list of activities they can do to relax: Cuddle a teddy, watch their favourite DVD, take 10 deep breaths etc.

If you don't have a box or container your child can find a special place in their room to put the items or simply list/draw on the toolbox activity below.



Optional:

- Ask your child to show you the things in their toolbox and tell you why they chose them.
- Create your own coping toolbox and show your child what you have in there and why.

Dealing with Change

You will need



We're dealing with lots of changes right now. Here's an activity to encourage your child to think about the positive and negative sides of change.

We can't change the current situation, but we can look for the good things about it to help ourselves feel better. And you can remind your child that this won't last forever!

We've provided some examples below, and space for your child to draw or write their own ideas.

Positive Changes

I can spend more time playing with mum

I don't have to get up early to go to school

I can spend more time with my family

I don't have to wear school uniform

I don't have to eat school meals

Negative Changes

I can't play football in the park

I miss my teacher

I can't hug my Grandma

I miss my friends

I can't go to school



You will need



This activity will help your child feel more connected to friends and family they are missing.

Ask them to draw or stick pictures of people who are important to them below.

Encourage them to add how they are going to stay in touch with this person and what they are going to do when they see them again.

Staying connected	Staying connected	Staying connected
...
Name: I will stay in touch by:	Name: I will stay in touch by:	Name: I will stay in touch by:
When we meet again, we will:	When we meet again, we will:	When we meet again, we will:




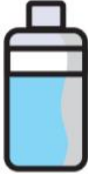























Ways to feel better

Use this sheet to help your child to come up with ideas to feel better when they have difficult feelings.

Talk about a time when your child has had a difficult feeling – sad, angry, annoyed, jealous or scared. Discuss different things they do to help themselves feel better using the suggestions below as a prompt.

Ask children to choose their top three strategies, perhaps drawing or writing one we haven't thought of!

Keep this on display at home so when children have a difficult feeling they can help themselves to feel better.

				
Dance to your favourite song	Have a drink of water	Do some colouring	Smell your favourite smell	Hug a toy
				
Think of a happy memory of your friends/family	Think of the three best moments of the day	Do five star jumps	Ask for help	Take some deep breaths
				
Talk to a friend online	Write down how you are feeling	Think of a happy time	Watch television	Imagine your favourite place
				
Talk to a friend online	Write down how you are feeling	Think of a happy time	Watch television	Imagine your favourite place
				
Think of three solutions for your problem	Have a nap	Say you're sorry	Make a list of things you are good at	Do a full body stretch

Worry Jar

You will need



Your child may be worrying about a lot of things right now. Health, school, friends, family and more. They might ask you about their worries.

A Worry Jar is a place for your child to put their worries so they don't have to think about them all the time.

Find a jar or any container, and decorate it if you like. If you haven't got a spare jar, you can write or draw on the picture on the following page. Help your child write their worries on pieces of paper. Fold them up and put them in the jar, and close the jar.

Choose 10-15 minutes a day (but not right before bed) for 'Worry Time'. Children can open the Worry Jar, look inside and worry as much as they want. They can read all the worries or focus on one or two. Have a timer to show that Worry Time is over. Close the jar to put their worries away.

At some point, your child may tell you that they've stopped worrying about something they've put in the jar, and they can tear up that worry and throw it away. Enjoy these times together!

Remember to discuss coping strategies with your child for the worries using the Golden Rules. You can use the 'Ways to Feel Better' sheet for ideas.

Golden Rules for Choosing a Good Solution

It makes me feel better



It doesn't hurt me or anyone else



My Worry Jar

Don't fill your head with worries, fill the jar instead

Distraction Activities

If your child is feeling bored, lonely, sad or scared in lockdown, doing a fun activity to distract them from their difficult feelings can really help. Here are a few to try. There are many more ideas online, such as craft activities and games. Make sure all the activities follow our Golden Rules: What I choose doesn't hurt me or anyone else.

After they've finished, you can ask them: Did that help you to feel better?

Family portrait

Draw a picture of everyone in your home with you.



Build a den

Make your own private place using a couple of chairs and an old sheet or towel.



My favourite song

Make up a dance to your favourite song. If you want you can perform it to the rest of the family!



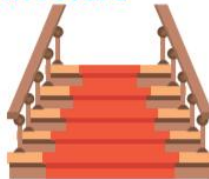
Same colour or letter

Make a list or draw a picture of all the things in your home which start with the same letter or are the same colour.



Beat your own record

Run up and down your stairs or living room. Start with 10 times, and then do more each day so you beat your record each time.



Three things

Stop and keep very still. Listen – what are three things you can hear? Look – what are three things you can see? Feel – what are three things you can touch?



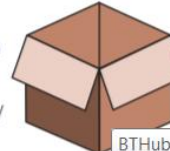
Pebble art

On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints, paper, glue and felt-tips.



Drive-in movie

Take a big cardboard box and decorate it to look like a car. Put a cushion inside, sit in front of your screen and enjoy your favourite film, TV show or game.



BTHub6

Relaxation Activities

Being in lockdown can be stressful, and lots of us are feeling anxious and on edge right now. These activities can help you and your child to relax – try doing them together.

Stress toys

This exercise releases muscle tension and massages your hands.

Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release.

Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.

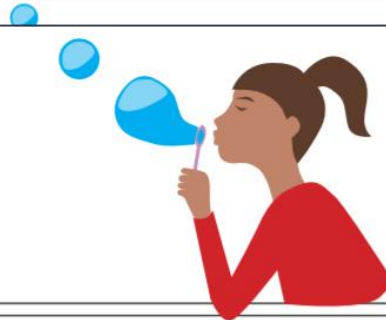


Bubble breathe

Imagine you are blowing the biggest bubble ever! Take in a breath and imagine you have a pot of bubble liquid.

Slowly and gently blow bubbles into the room.

Do you feel better? (Remember to encourage the children not to get excited by popping the bubbles!)



Push against a wall

This is perfect for getting rid of stress without having to go outside or even leave the room.

Push against the wall for 10 seconds. Imagine you can push the wall over if you try hard enough! Repeat three times.

When you do this your muscles contract and then relax, releasing feel-good hormones into the body.



Good Luck with all of these activities. I promise, if you take them seriously, they **will** help you - probably for life. Take care until we see each other again. I can't wait.

You are doing an amazing job – all of you. I continue to be in awe of every one of you. Keep safe and stay happy.

Younger children can do these exercises orally or with help.

P4 to P7 can manage it fine.

Activity for Tuesday 16th June

Create a time journal. Time line the most important moments of your life from birth to now. Include the start of lockdown. Use words or pictures. Show it to someone at home or me and tell them how you are feeling about each important event.

Activity for June 18th

Write and illustrate a fairy tale about yourself. If you could put yourself in a “happily ever after situation” what role would you play? Who are the main characters? How does the story go? Tell the story with words and pictures. Show it to a grown up or me and tell them about it.

Activity for June 23rd

Collage your vision of a perfect day. Think about what constitute a perfect day for you and make a collage. Use pictures from magazines or on line and your words as well. Now, what about your collage can you actually make happen today.

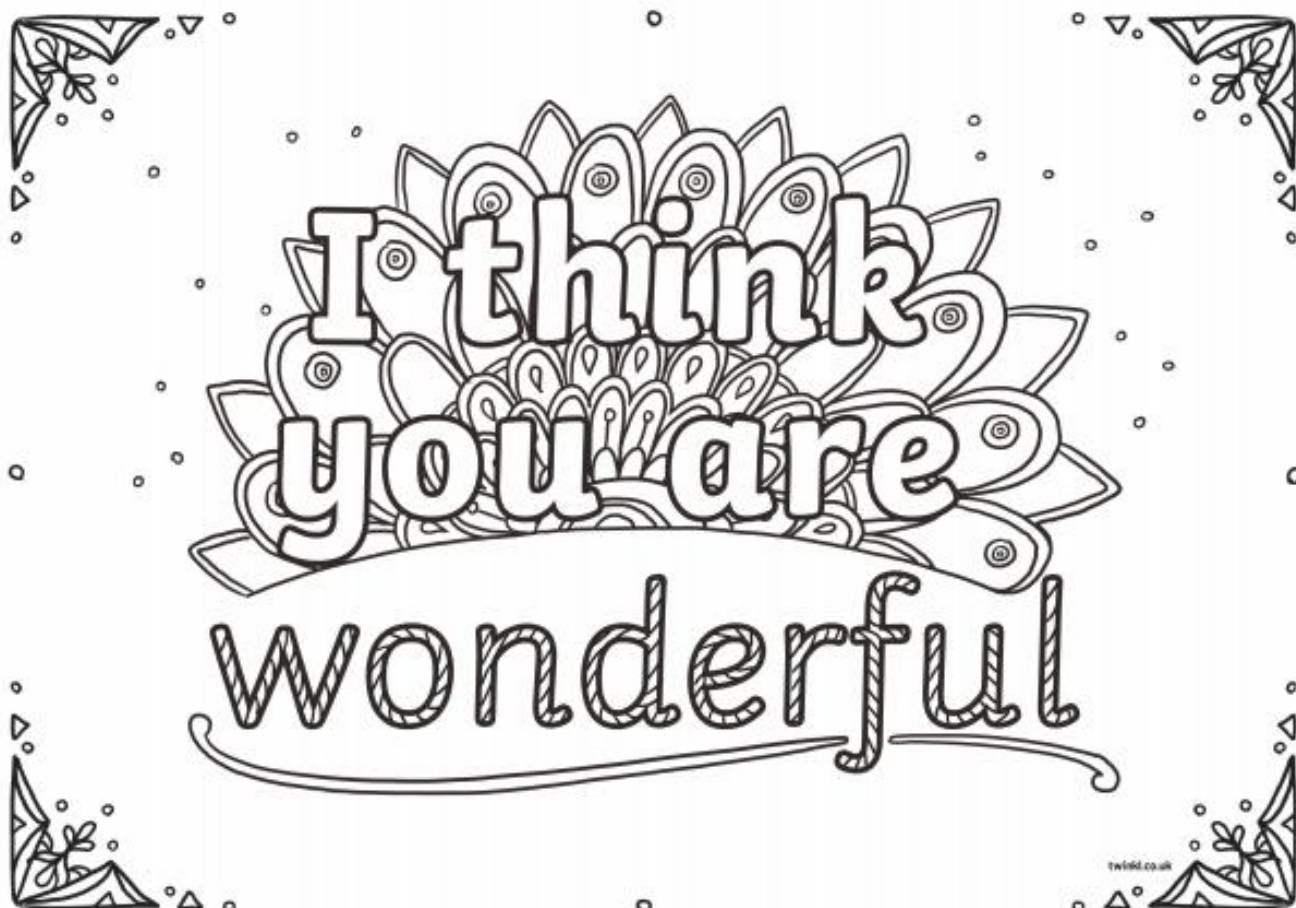
Activity for June 25th.

Draw yourself as a tree. Your roots will be loaded with descriptions of things that give you strength and your good qualities. While your leaves can be things you are trying to grow and develop. Show it to a grown up or me and explain it.

Here's some mindful and inspirational art sheets to keep you going.

T. Gorman



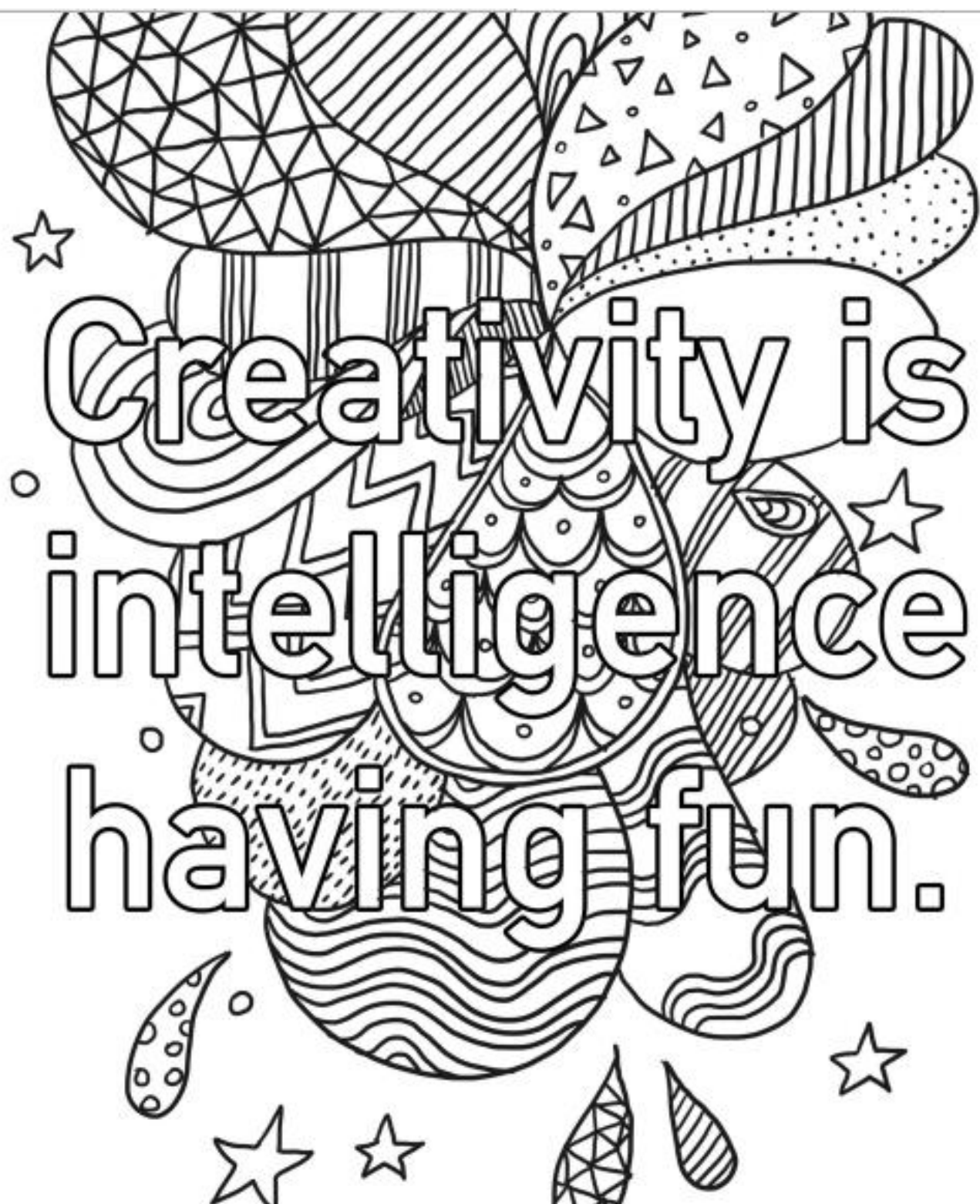


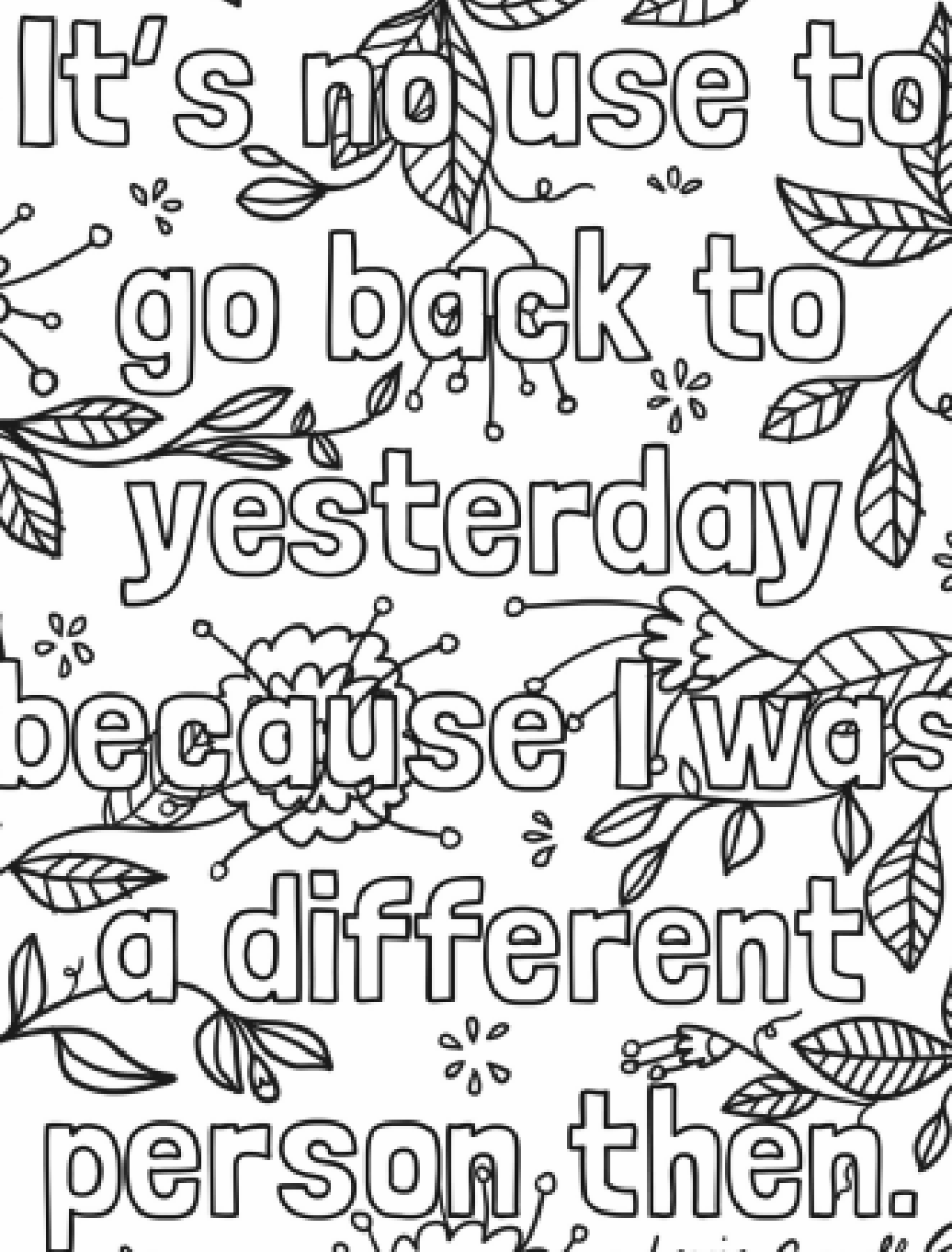






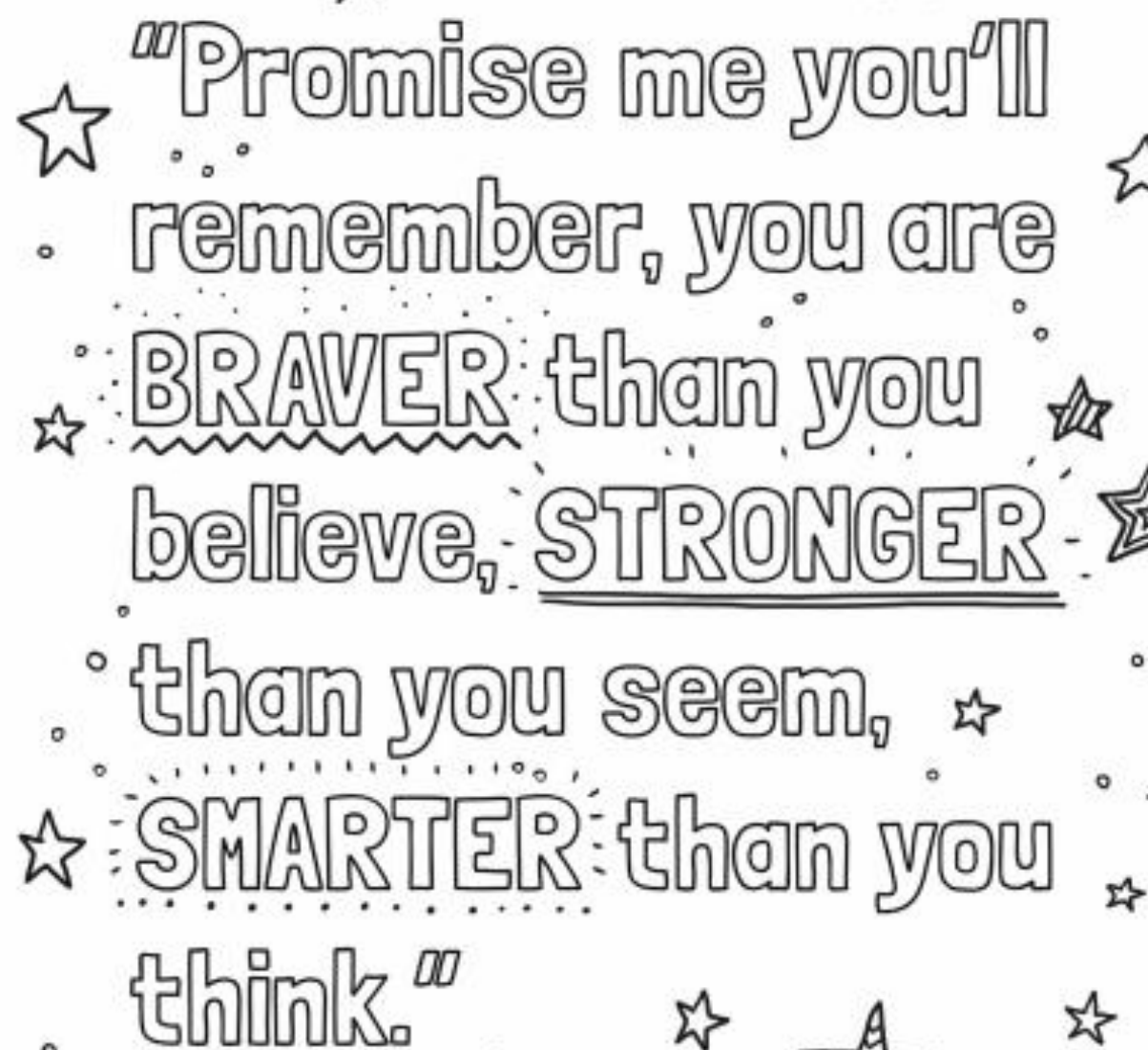






It's no use to
go back to
yesterday
because I was
a different
person then.

Lewis Carroll



"Promise me you'll
remember, you are
BRAVER than you
believe, **STRONGER**
than you seem,
SMARTER than you
think."



"Sometimes

the smallest

things take

up the most

room in

your heart."

- Winnie The Pooh

There's

no

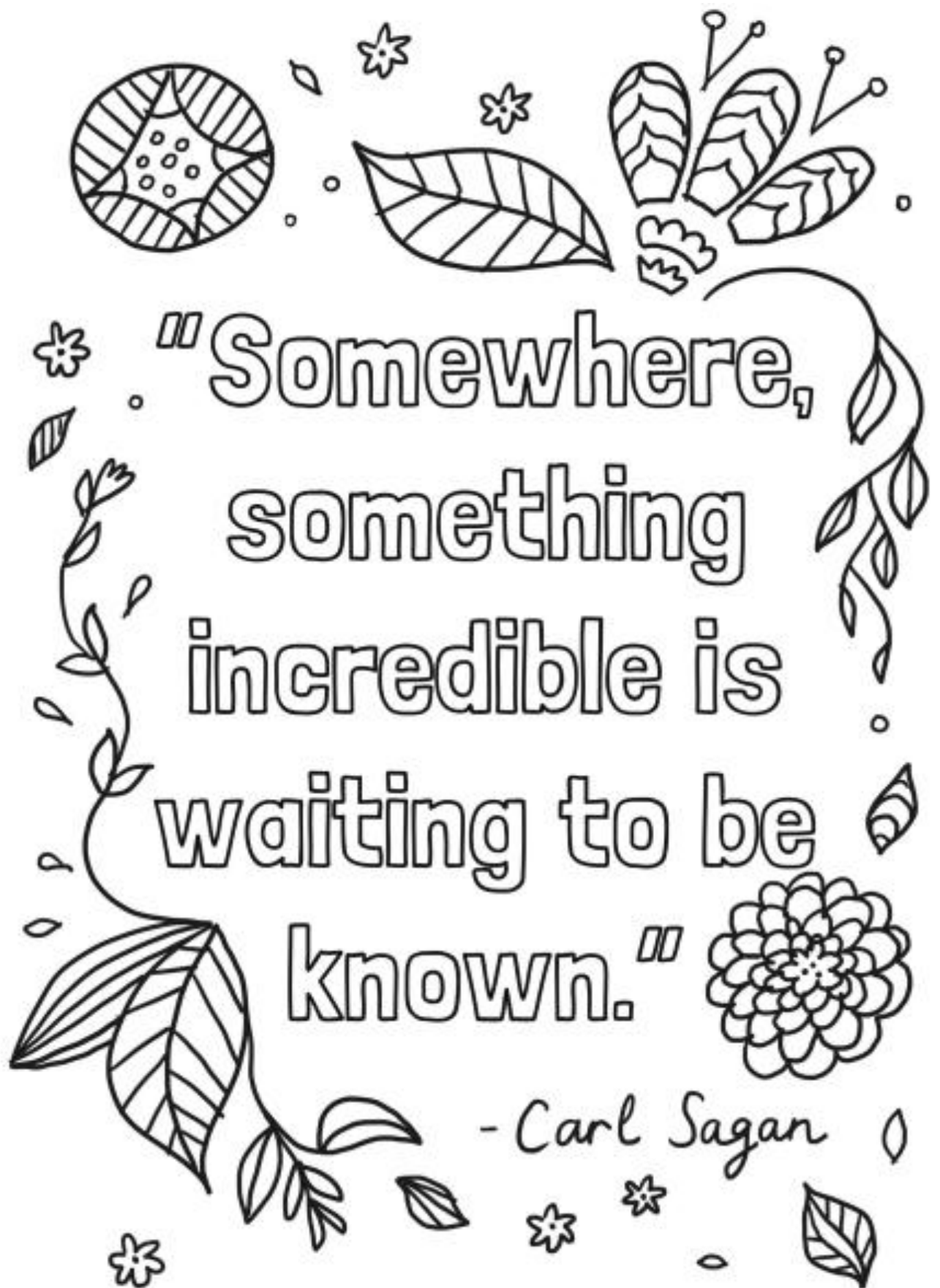
PLACE

like

HOME



**“Even the
SMALLEST PERSON
can change the
COURSE of the
FUTURE.”**



"Somewhere,
something
incredible is
waiting to be
known."

- Carl Sagan



**“We learn
from failure
not from
success!”**

- Bram Stoker



**"When
you know
BETTER
you do
BETTER."**

- Maya Angelou

