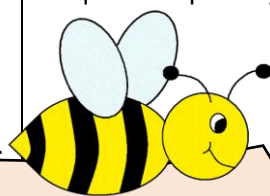


Activities for Mental Well-being

My Happy Place	All About Me	Butterfly Relaxation	Bubbles	Self-esteem Rainbow
Draw a picture of your Happy Place. It could be a real place or an imaginary one. Will it be at the beach, or in a forest? Maybe it will be the park or your bedroom? Perhaps it will be Candyland or a castle in the clouds! Use all your favourite colours. Whenever you are feeling worried or upset, close your eyes and imagine yourself in your Happy Place for a few minutes – it will help you calm down and feel happier.	Draw a picture of yourself in the middle of a piece of paper. Draw thought bubbles around the outside and in each one write a fact about you. It could be your strengths and talents, your favourite things or the family and friends you have to support you. When it's finished you can see how unique and special you are!	Sit comfortably in a quiet space, close your eyes and imagine you are in a beautiful meadow. You can feel the warm sun on your face and the grass tickling your toes. A brightly coloured butterfly flutters towards you and gently lands on the end of your nose. You can see all the colours on its wings and feel its velvety feet. It flaps its wings, tickling you. You wiggle your nose and the butterfly gently flutters away up in to the clear blue sky. Open your eyes, feeling relaxed and calm.	Put a small amount of water (about 50ml) in to a small bowl, together with a big squeeze of washing up liquid and 1tsp of sugar. Mix together gently until the sugar has dissolved. Make a bubble wand out of a sandwich bag tie, twisted into a circle. Ask your adult to help you do this. Take your bubble mixture out into the garden and dip the bubble wand into the mixture. Gently blow through the wand to produce some beautiful bubbles! Watch the bubbles drift away and pop in the breeze and imagine your worries floating away with the bubbles.	Draw a rainbow to fill a piece of paper. Make sure each colour band is wide enough to write something in. Carefully colour each section, coloured pencils are best for this. When you're finished use a bold pen and write one positive word or phrase about yourself in each colour band. You can use single words such as: caring, helpful, friendly, brave, etc. or you can use phrases such as: I am kind, I am calm, I am respectful, I am happy etc. I'm sure you can think of lots more ideas. In the space below your rainbow write your name in bold, colourful pens. If ever you are feeling sad, you can look at your rainbow and remind yourself what an amazing person you are!



Hi everyone!

I hope you are all well and have been keeping busy enjoying your Roley's Challenges and Mindful Moments Journals. I thought I would suggest a few extra activities, all of which help in different ways with our mental well-being. I hope you enjoy doing some of these activities and I'd love to see some pictures when you've finished. Keep well and I'm looking forward to the time when we can all be back together in school. Mrs Difford.

Additional resources available at:

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