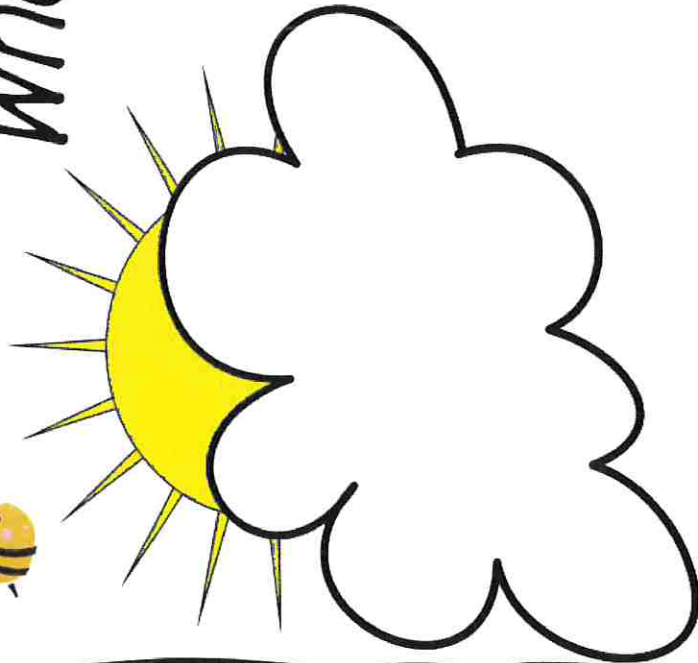




What makes a hero?



*You might think a hero wears a cape
Tied around their shoulders with a bit of tape.
Superpowers like flying high,
Who never feel the need to cry.*

*But those children who stay at home,
Unable to wander and roam.
Occupying themselves in a new routine,
Behind their doors where they can't be seen.*

*Are every bit heroes to our nation.
Their resilience, optimism, and determination,
To help the coronavirus disappear.
Soon there will be hope not fear.*

*So heroes stay strong and proud.
The sun is behind every cloud.
It won't be long before your work is done,
And you will be back at school having lots of fun.*

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Things I can control

My play

My ideas

My goals

My effort

My words

My actions

My dreams

My exercise

My manners

My kindness

My honesty

My thoughts

My gratitude

My helpfulness

My voice levels

My listening skills

My tone of voice

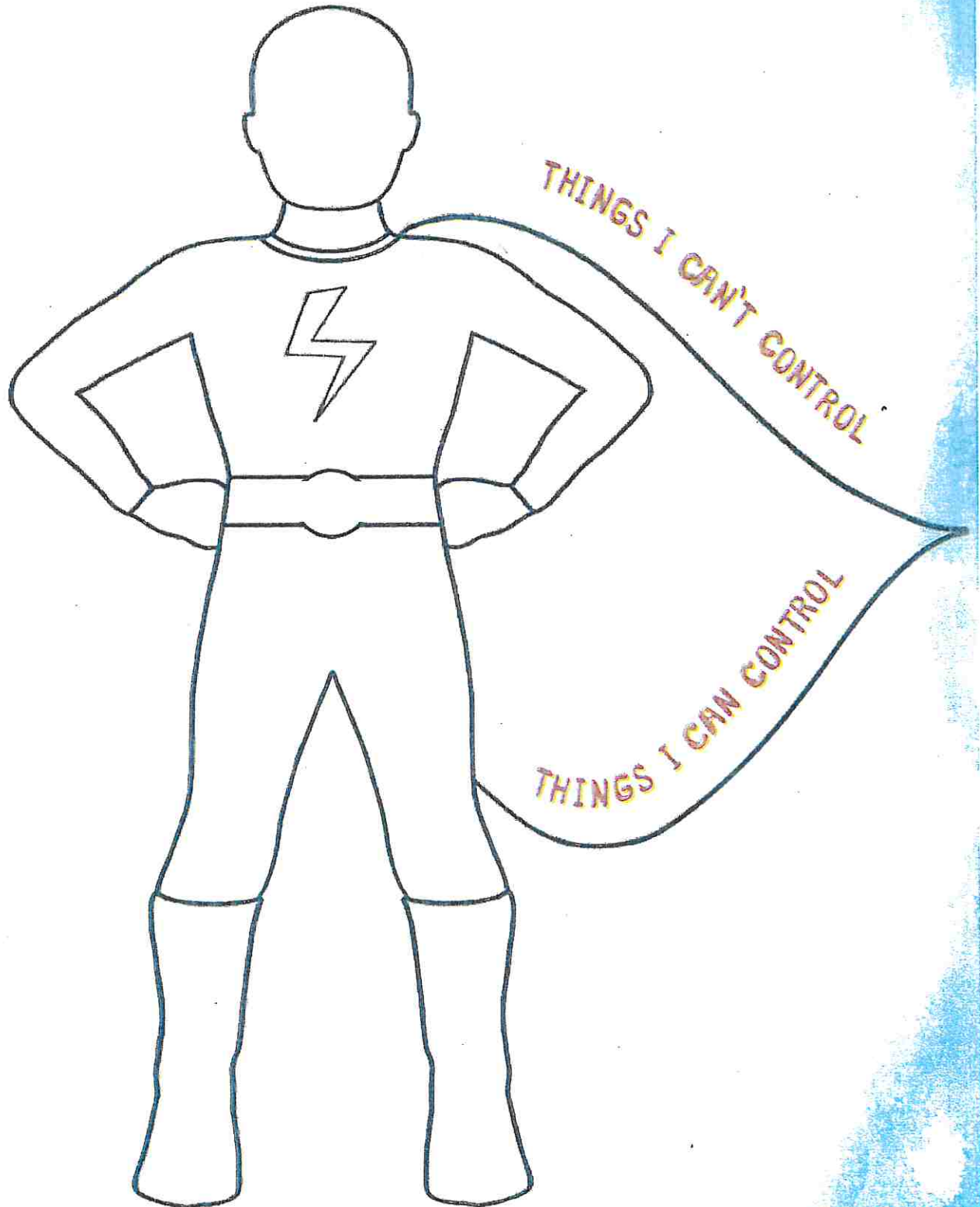
My friendship skills

My ability to express my feelings



IN OR OUT OF MY CONTROL?

Write things you CAN control (such as your effort or attitude) inside your character. Write things you CAN'T control (such as other people's feelings or the weather) outside your character.



Sunny Side



Are you having negative thoughts? Let's find the sunny side and turn our thoughts positive!



There are lots of things I can't do at the moment.



There are still lots of great things I can do. E.g. go for walk, bake, do some art, read!

Light Bulb

Sometimes when we find things tricky our brains can get stuck! When we relax our brains allow ideas to flow and this is when light bulb moments happen! Let's have a go!



What is the problem?

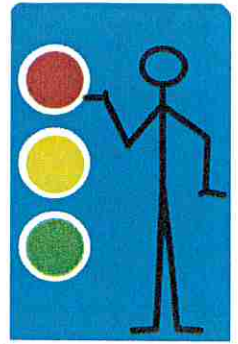


What can we do to relax?

Let's find a solution!



Signal Change



Stop

Let's talk about what has happened!



Think

How has this made you feel?
How has this made others feel?



Change

What could you have done differently?

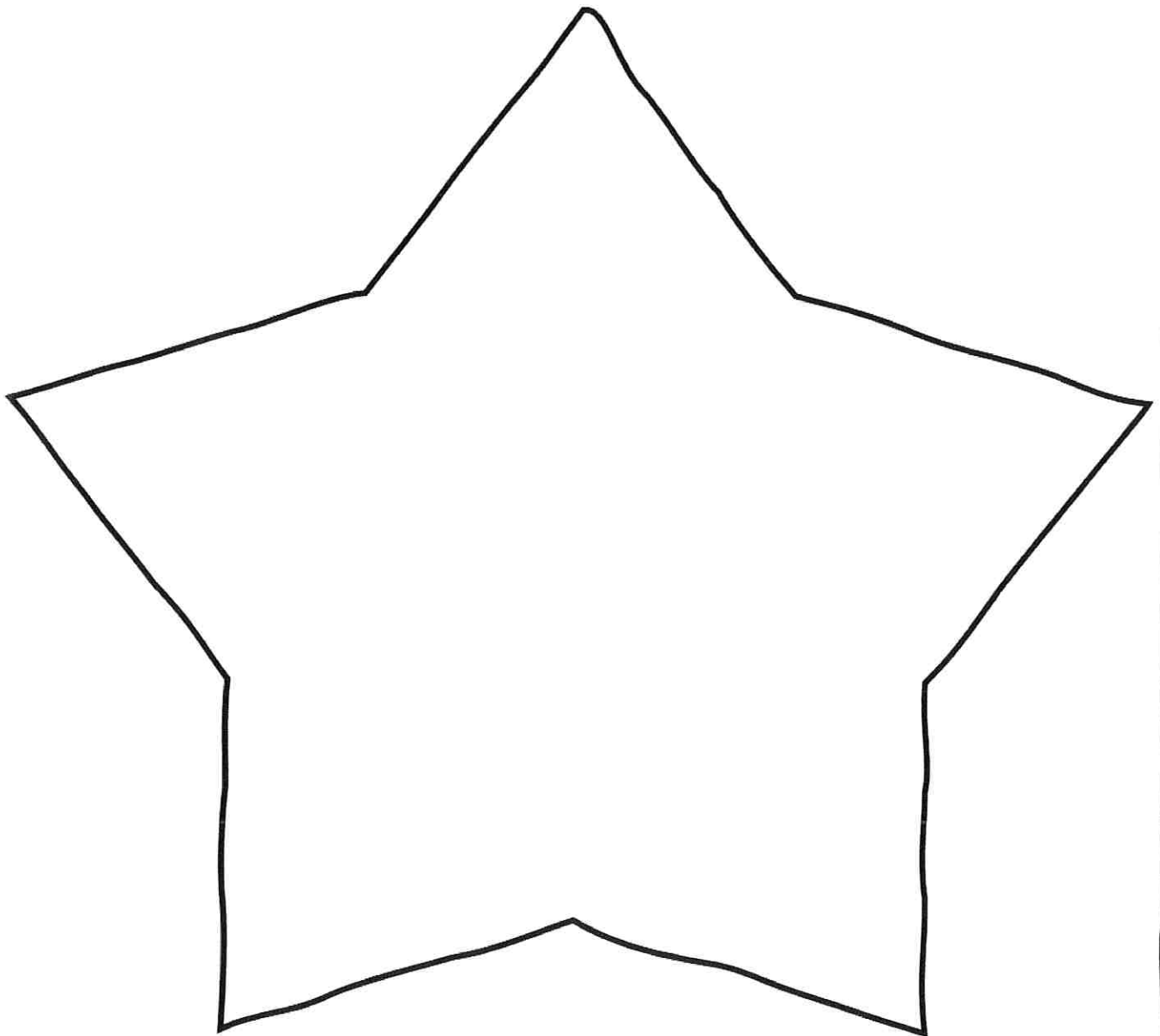


5 Star Colour Breathing



STAR QUALITIES

You are a star and you probably don't realise it. You can do so many amazing things. Draw yourself in the middle of the star and then think about all the things you are good at and you are talented at. Write one in each point of the star. How did it make you feel doing this activity? Colour in an emoji.



sad

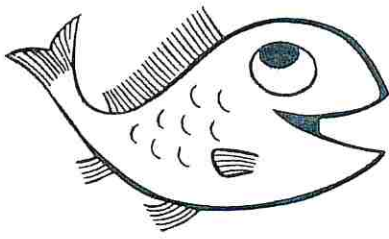


ok



happy

I AM GOOD AT...



CIRCLE THE THINGS YOU ARE GOOD AT.

Staying calm

Laughing

Listening to people

Asking questions

Crying

Making others laugh

Saying thanks

Smiling

Controlling my temper

saying sorry

Talking to new people

helping others

Taking turns

Chatting about my feelings

Being sympathetic

Saying no to people

Showing like people

Giving compliments

Talking about myself

Being fair

Talking to parents/carers

Talking to teachers

Sharing

giving

Chatting about any problems

Take the 5 finger positivity challenge!

List 5 POSITIVE things about YOU



MAKE A BOOKMARK

Make some bookmarks today to help you keep your place in the book you are reading. Make one that reminds you how amazing you are. Try and think of some characteristics that might describe you. Here is a list. Highlight the ones that apply to you. You can also add some of your own. Use these words to decorate your bookmark. The template is at the back of this booklet.

How did it make you feel making your bookmark? Colour in an emoji.

I am... **Amazing** Adventurous Articulate
Awesome Affectionate Adaptable
 Ambitious Athletic Able **Beautiful** Bold
Brave BRIGHT Busy Brilliant Charming
Capable Caring Calm Creative Co-operative
 Considerate Daring Devoted Dependable Diligent
 Determined Efficient Exuberant Energetic
 Eager Faithful Fair Funny Friendly Flexible
Forgiving Generous Gentle GRATEFUL
Genuine Happy Helpful Honest HEALTHY
Imaginative Independent Inventive Intelligent
Jovial Joyful Jolly Kind Knowledgeable
 Loving Loyal Likeable Motivated Mature
Modest Marvellous Neat Noble Nice Observant
 OPTIMISTIC Organised Open Proud Patient
 Polite Positive PERSEVERANT Punctual
 Quick Quiet Respectful Relaxed Reliable
 Responsible Resourceful RATIONAL Supportive
Strong Successful Sincere Thoughtful Trustworthy
Truthful Tactful Understanding Upbeat
 Unique Vibrant Vivacious Victorious Witty
 Warm Wise Worthwhile EXCELLENT Exciting
 Youthful Yielding Zany Zealous Zesty



sad



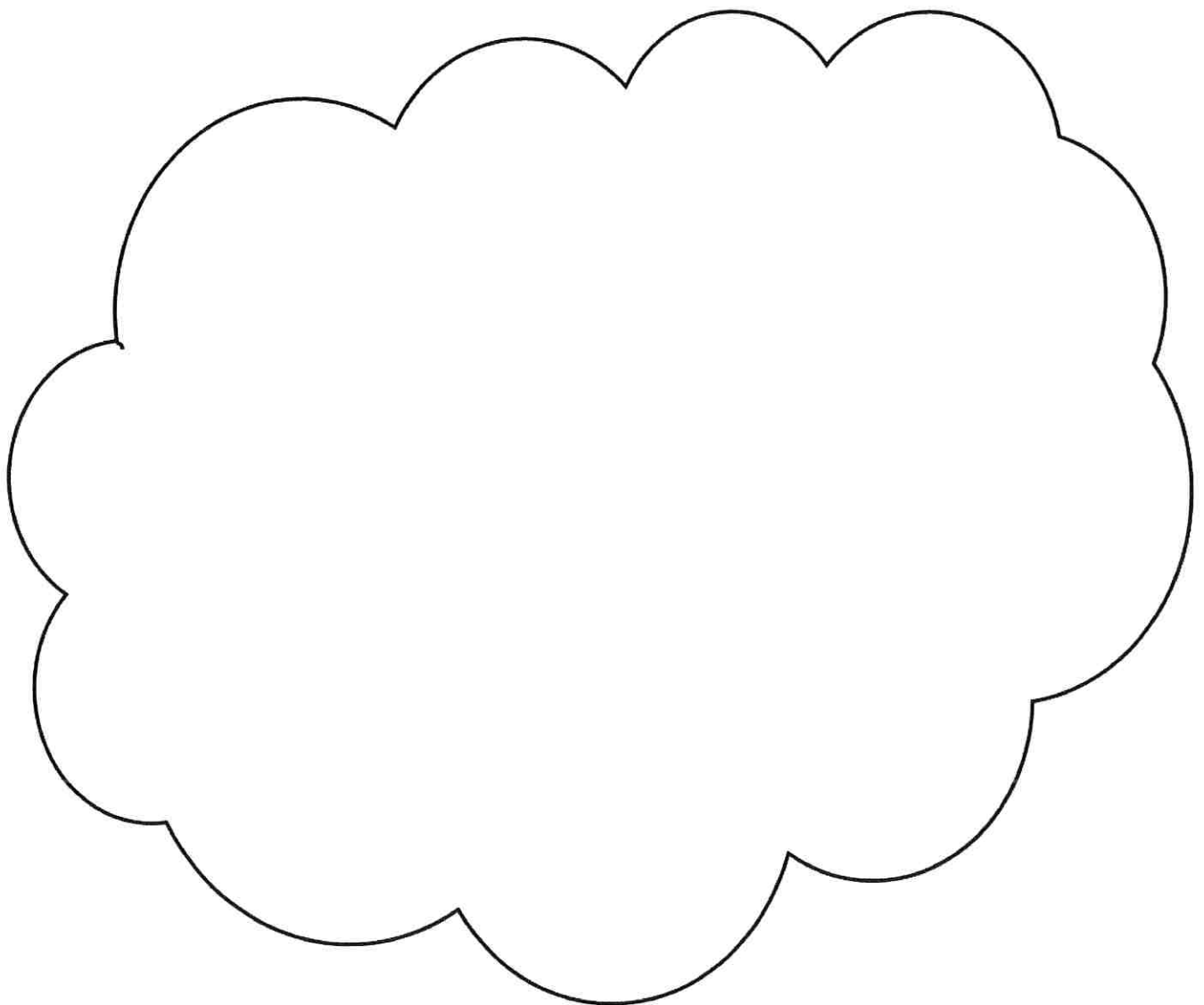
ok



happy

PROUD CLOUD

There are lots of things you can be proud of. It might be something you did or something someone else did. Sometimes we can feel proud of our friends for doing something special or proud of our little sisters and brothers. It feels GOOD to be proud of something. Fill in this cloud with all the things you feel proud about. How did it feel making your proud cloud? Colour in an emoji.



sad



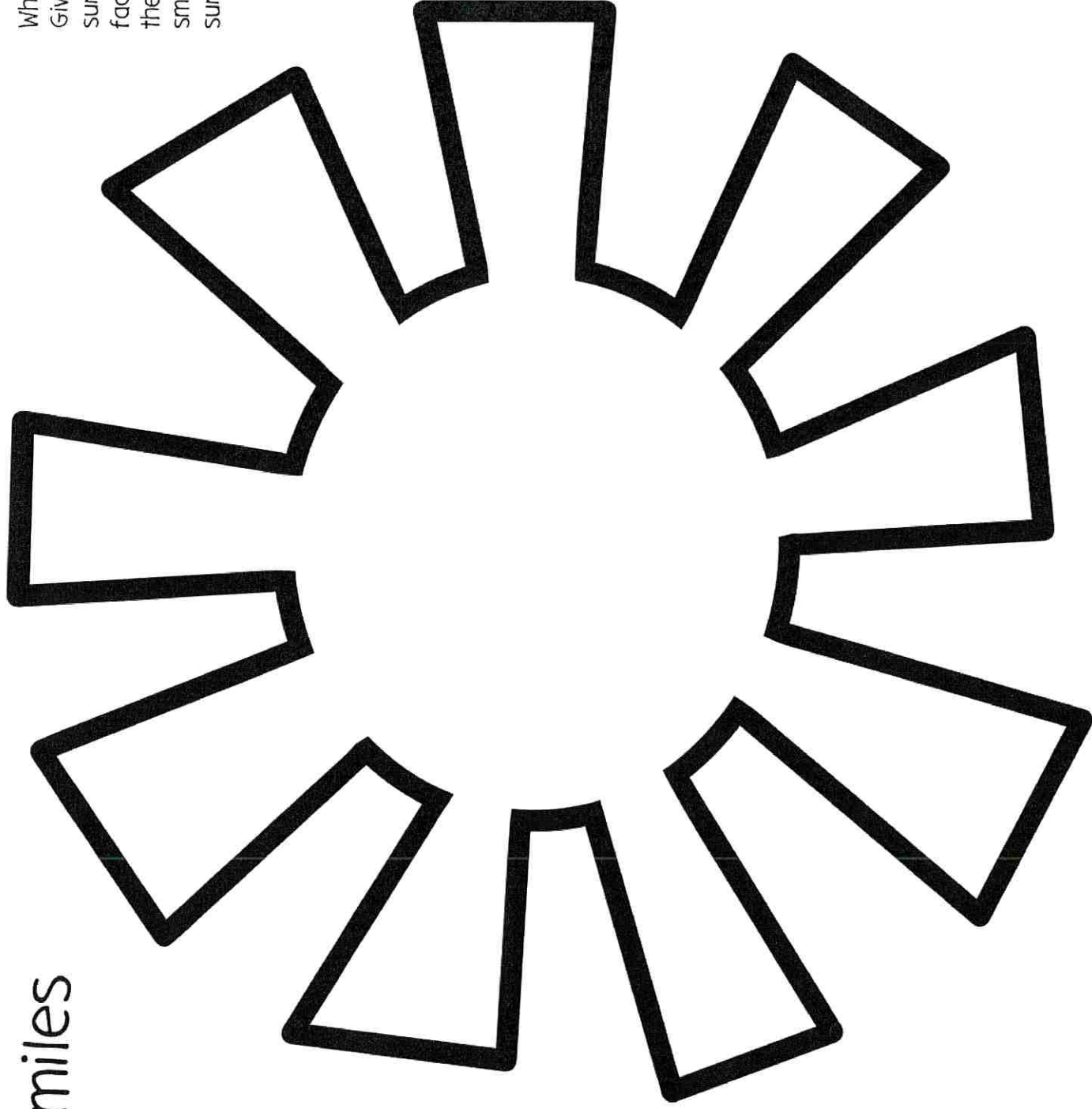
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happy

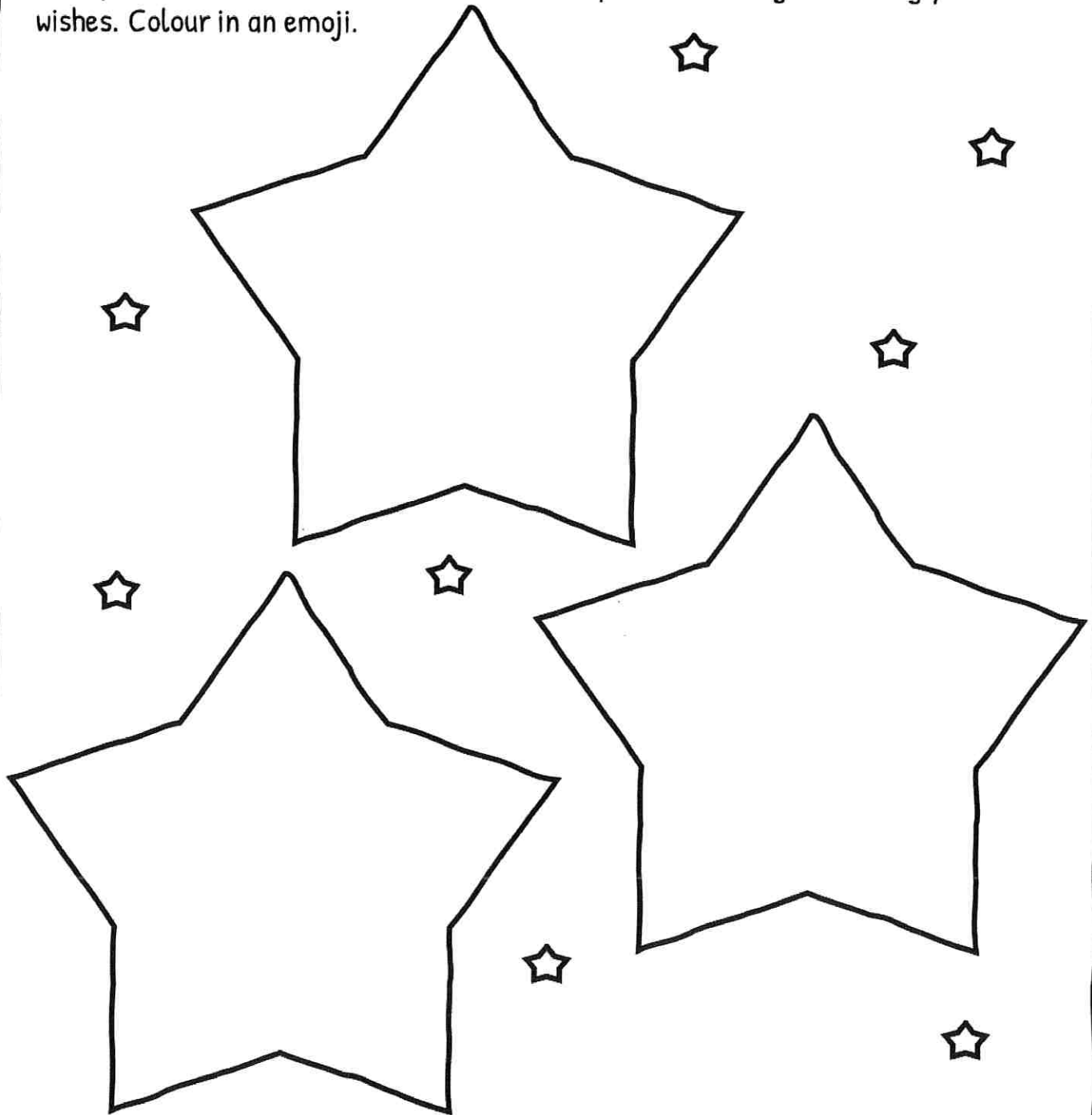
Sunny Smiles

What makes you smile?
Give the centre of the
sunshine a big smiley
face and then write all
the things that make you
smile in each ray of the
sun.



WISHES AND DREAMS

Making wishes and dreams can really boost your happiness. It is lovely to imagine exciting and special things. If you had 3 wishes what would you wish for? Write or draw your wishes in the stars. How did it make you feel writing or drawing your wishes. Colour in an emoji.



sad



ok



happy

Finger labyrinth

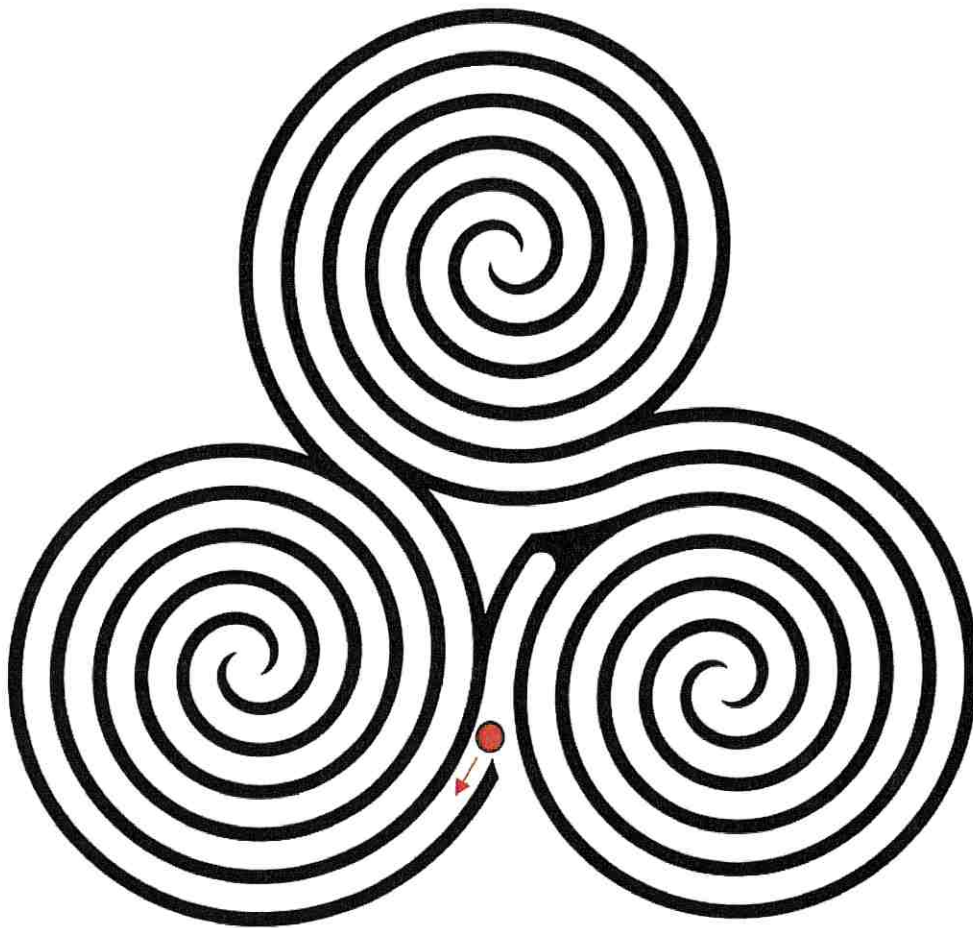
A labyrinth is different to a maze. In a maze you might come to dead ends so have to try and find a different route whereas a labyrinth only has one path which leads you to the centre or to the other end.

These can be used for relaxation and mindfulness practice. You can use your finger to trace through the labyrinth slowly and calmly, focusing all your thoughts and concentration on tracing that path. Use your non dominant hand to make it a bit more tricky and which will help you concentrate more.

Use your labyrinth if you are feeling a bit worried, stressed or angry. It will help you to cope and calm down. Remember to do your slow breathing as you do this.

These labyrinths will fit into the pocket of the ['Wellbeing toolkit'](#)

MY MINDFULNESS FINGER LABYRINTH

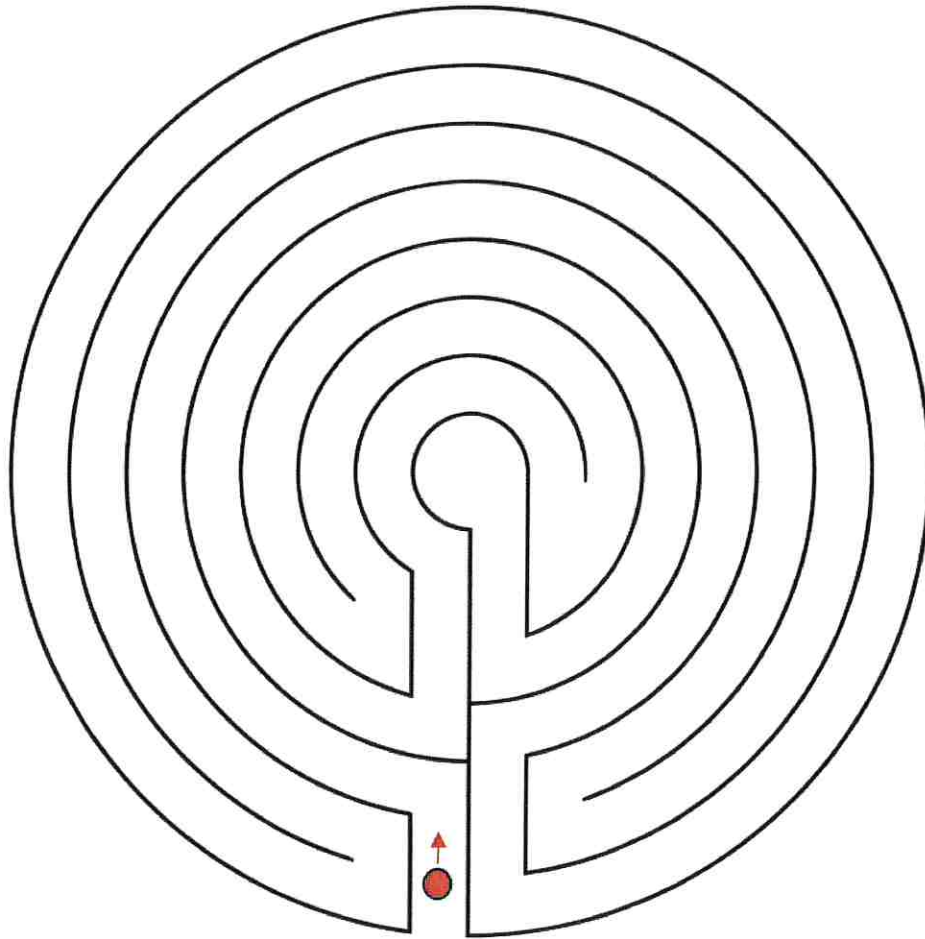


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MINDFULNESS FINGER LABYRINTH

Use a finger from your non dominant hand (if you are right handed then use your left and if you are left handed use your right) to trace the path through the labyrinth. You will need to concentrate. You will find this calming and soothing. Remember your slow and steady breathing.

MY MINDFULNESS FINGER LABYRINTH

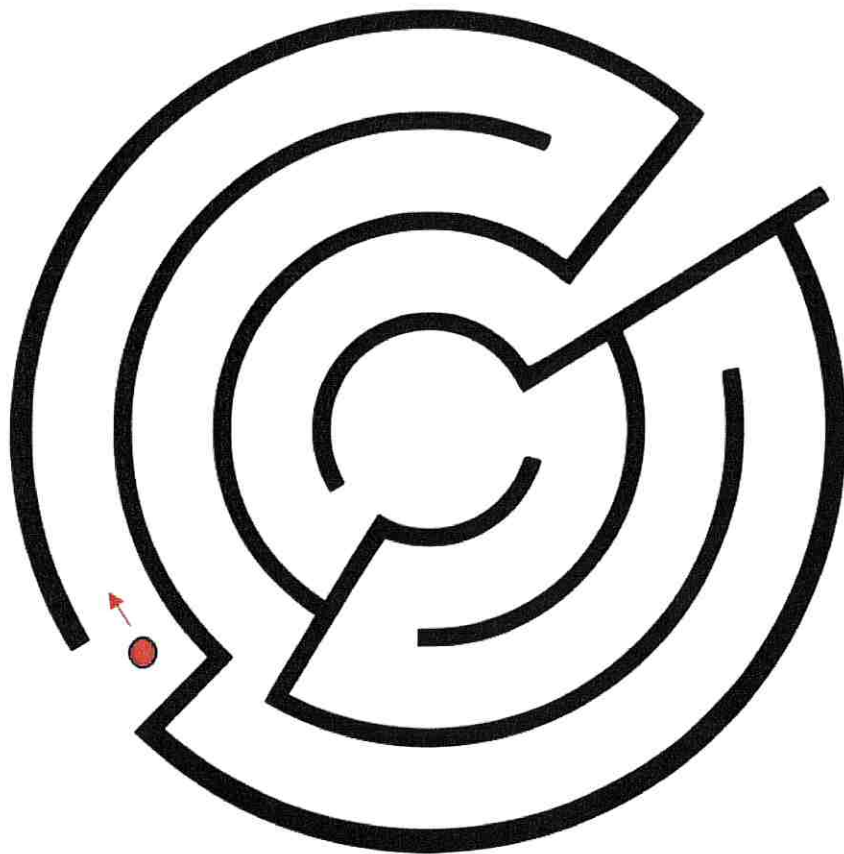


MINDFULNESS FINGER LABYRINTH

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MY MINDFULNESS FINGER LABYRINTH



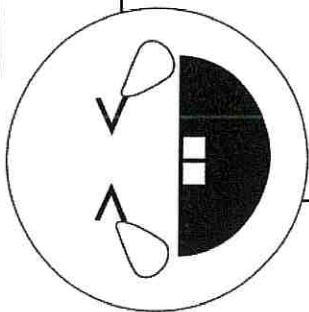
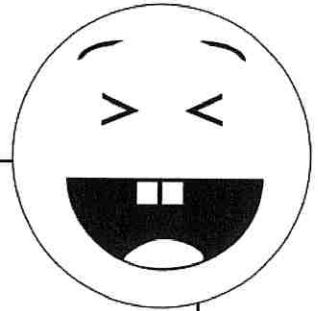
MINDFULNESS FINGER LABYRINTH

Use a finger from your non dominant hand (if you are right handed then use your left and if you are left handed use your right) to trace the path through the labyrinth. You will need to concentrate. You will find this calming and soothing. Remember your slow and steady breathing.



DESIGN A NEW EMOJI

Think about the best feeling you have had this holiday. Design a brand new emoji to show that feeling. How did it make you feel to design your new emoji? Colour in one of the emojis below.



sad



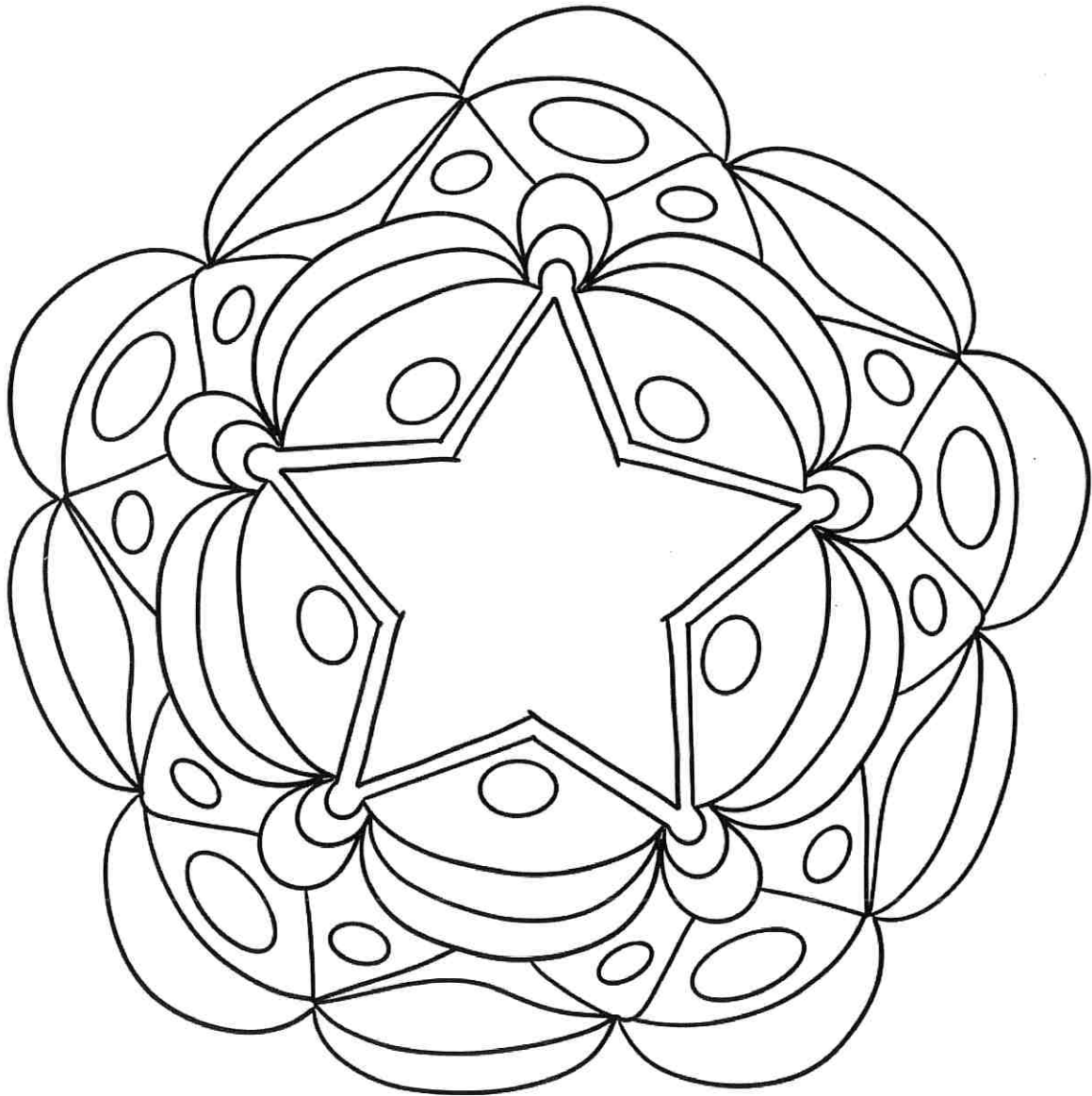
ok



happy

MINDFUL COLOURING

Taking a break and colouring can really help you be more mindful. This challenge is about colouring but only using 3 colours. Concentrate on your colouring and make it look amazing. Which colours will you choose? How did it make you feel? Colour in an emoji.



sad



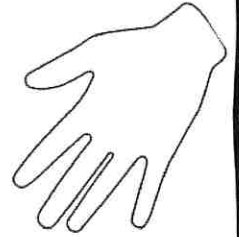
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happy

HELPING HAND

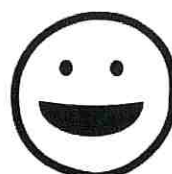
What can you do to help someone today? Make a helping hand. Draw around your hand with pencil and write the name of the person in middle and all the things you could do to help them on each finger. How did it make you feel to help someone? Colour in the emoji.



sad



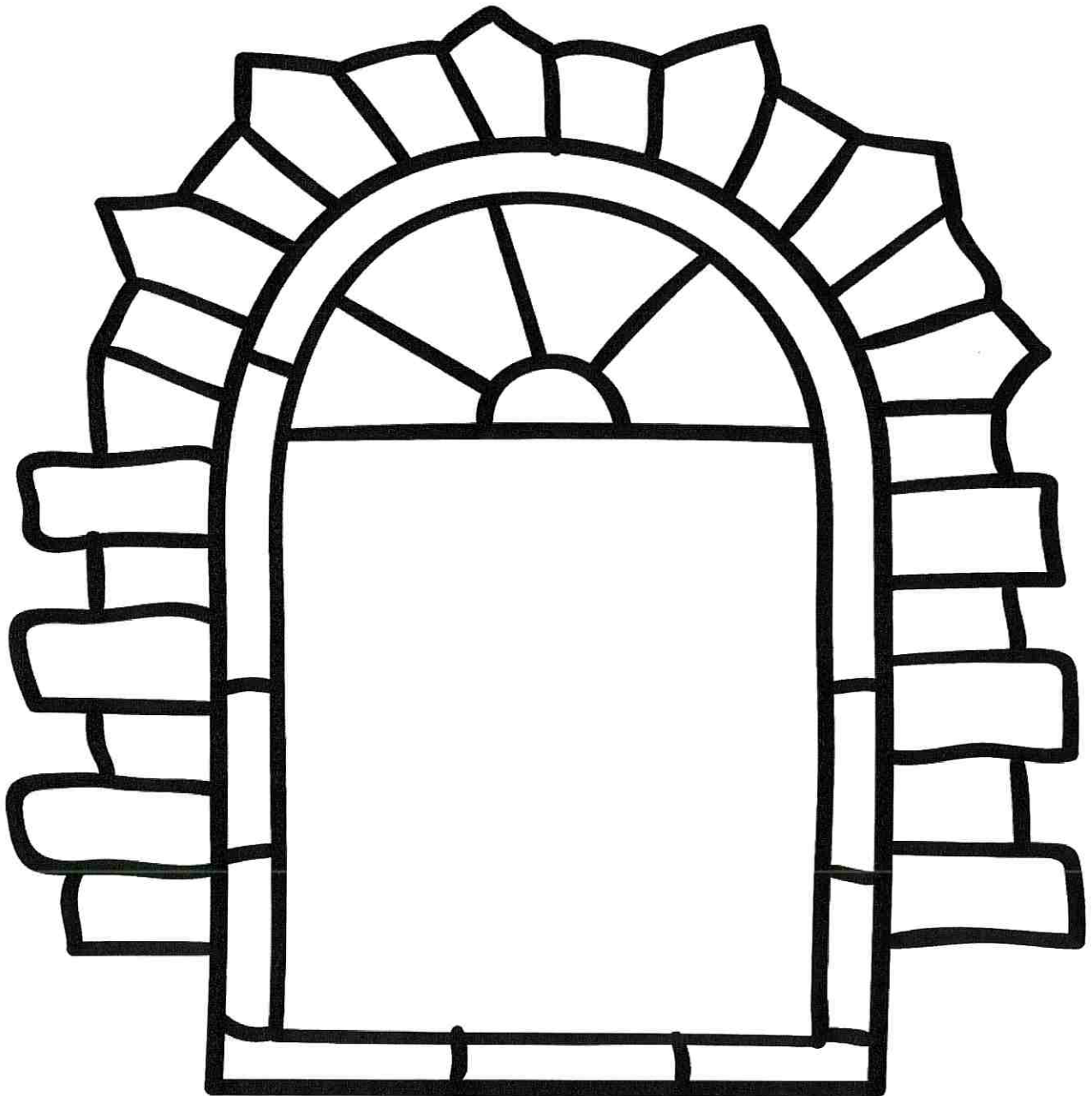
ok



happy

VIEW FROM YOUR WINDOW

What is the view from your window? See if you can draw it today. Take in every detail of the view. Notice things you perhaps haven't noticed before. This is called being mindful. Mindfulness is great for your wellbeing. How did it make you feel drawing your view? Colour in an emoji.



sad



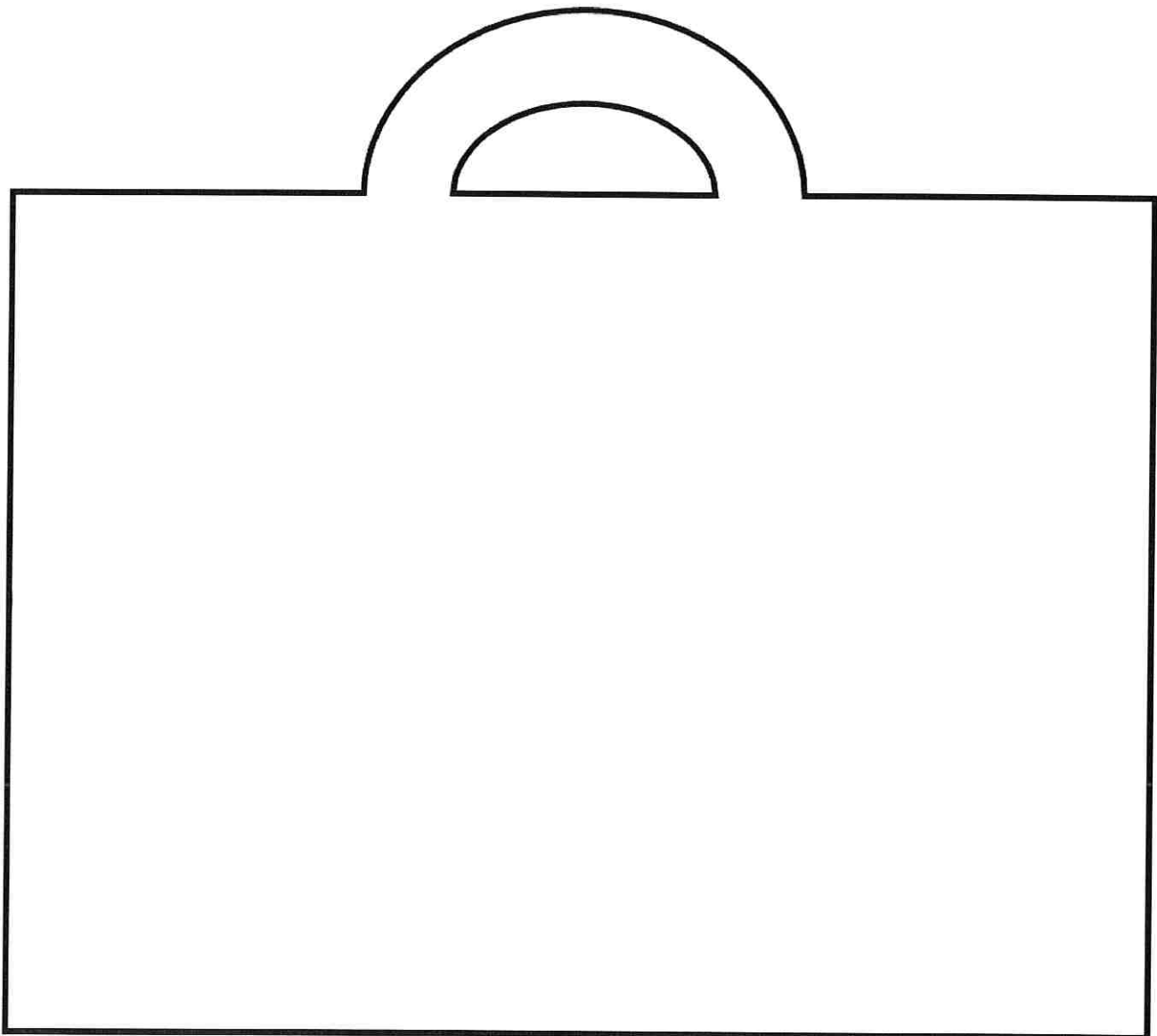
ok



happy

SAFE AND HAPPY PLACE

What is your safe and happy place? Where do you feel the safest and happiest? Draw a picture below of your happy place. It might be your home, it might be at a family member's house. Try to draw all the details in the bag below so that if you ever feel sad, anxious or scared you can remember your safe and happy place in your imagination. You can carry it with you. How did it feel drawing your safe and happy place? Colour in an emoji.



sad



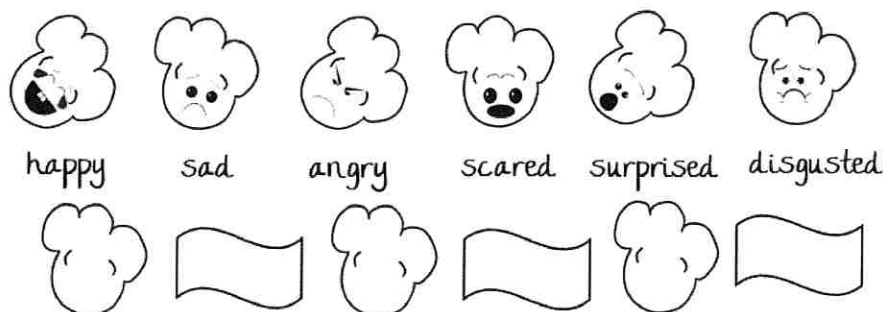
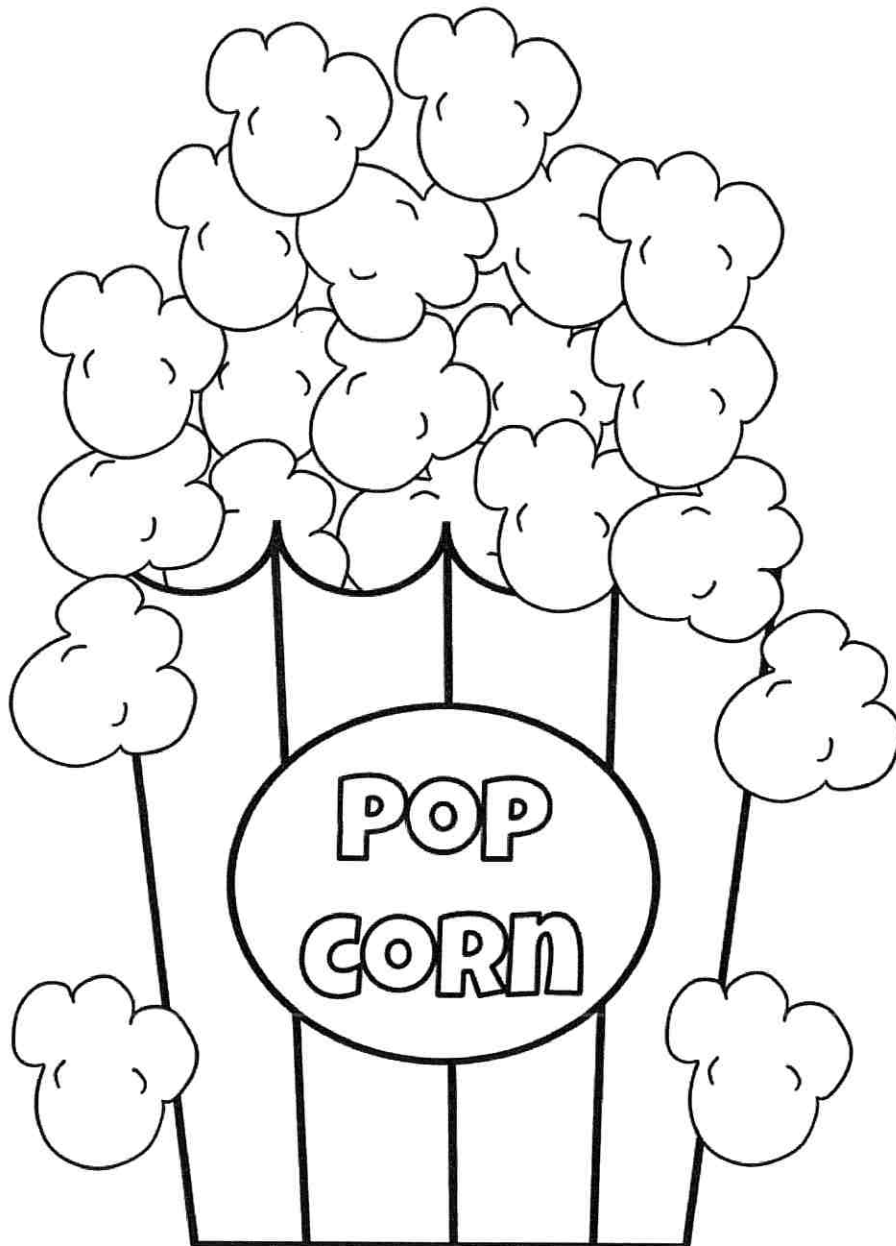
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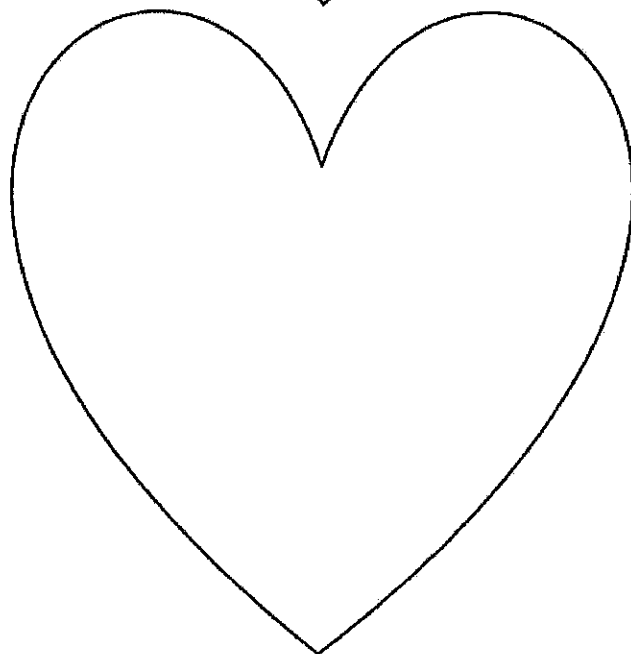
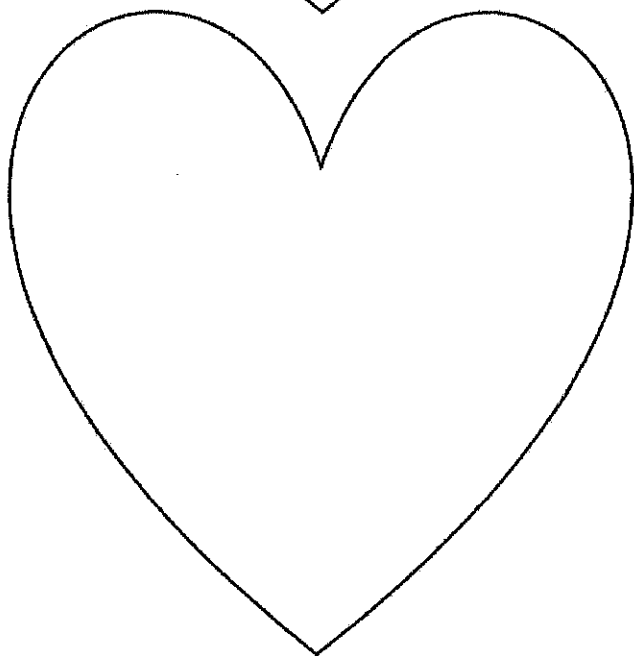
happy

MONITOR YOUR MOOD

Being aware of how you feel will help you cope if you don't feel too good at the moment. Feelings are normal and they are always temporary which means they won't last. Start monitoring your mood now. Give the popcorn emotions a colour and then start colouring in your popcorn each day using the appropriate colours.



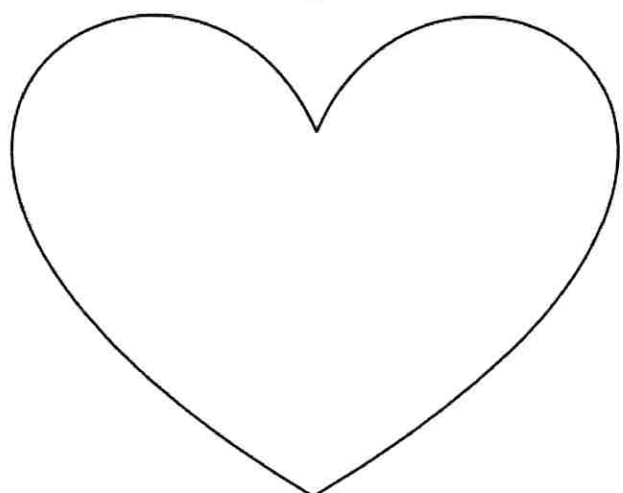
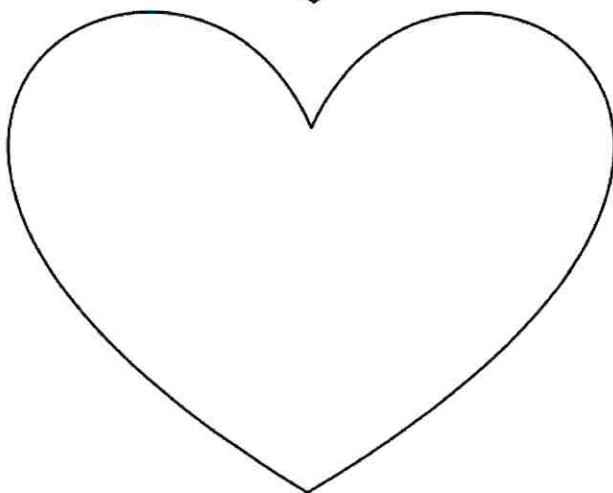
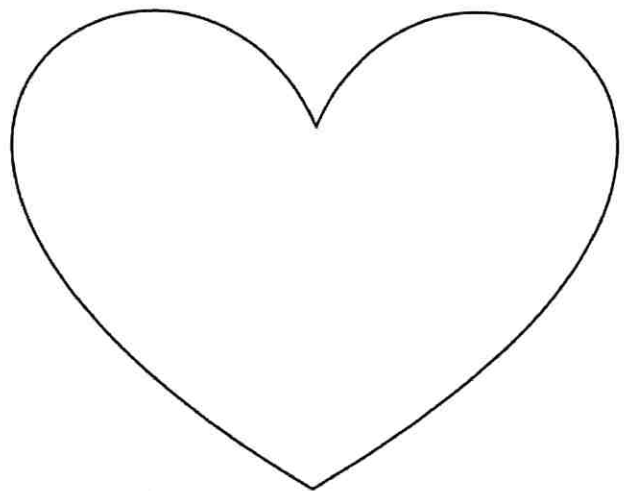
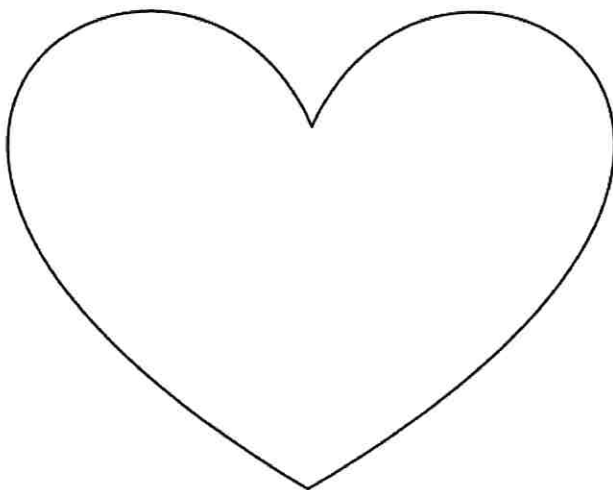
HEART HUG TEMPLATES



HEART HUGS

It is difficult to give anyone an actual hug at the moment with social distancing but you could make some heart hugs to give people. Cut some hearts out from the templates at the back of this booklet and decorate them. Who did you give them to? Write their names in the hearts. How did it feel giving someone a heart hug? Colour in the emoji.

I gave heart hugs to...



sad



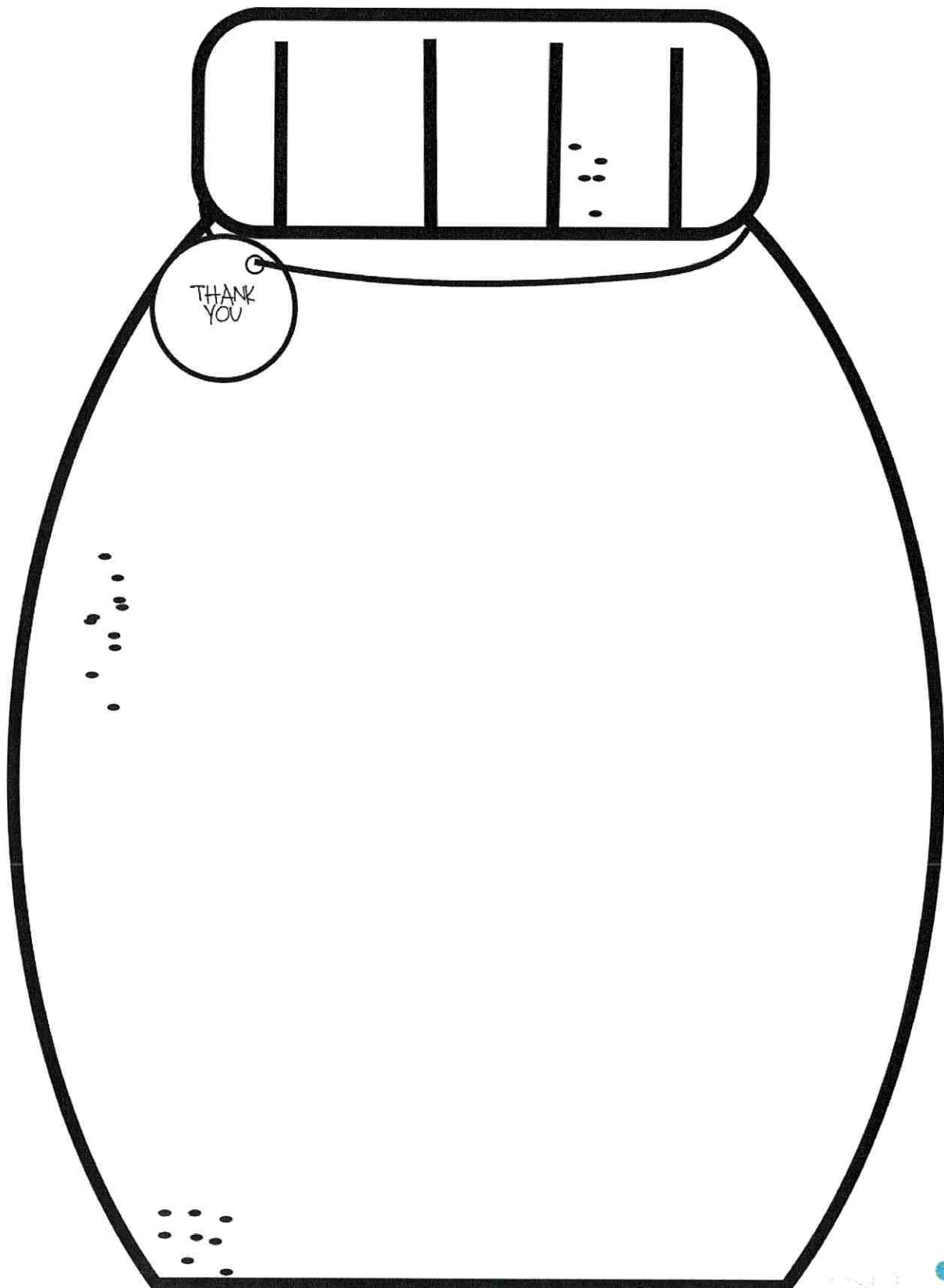
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happy

JAR OF GRATITUDE

Fill the jar with all the things you are grateful for
right now

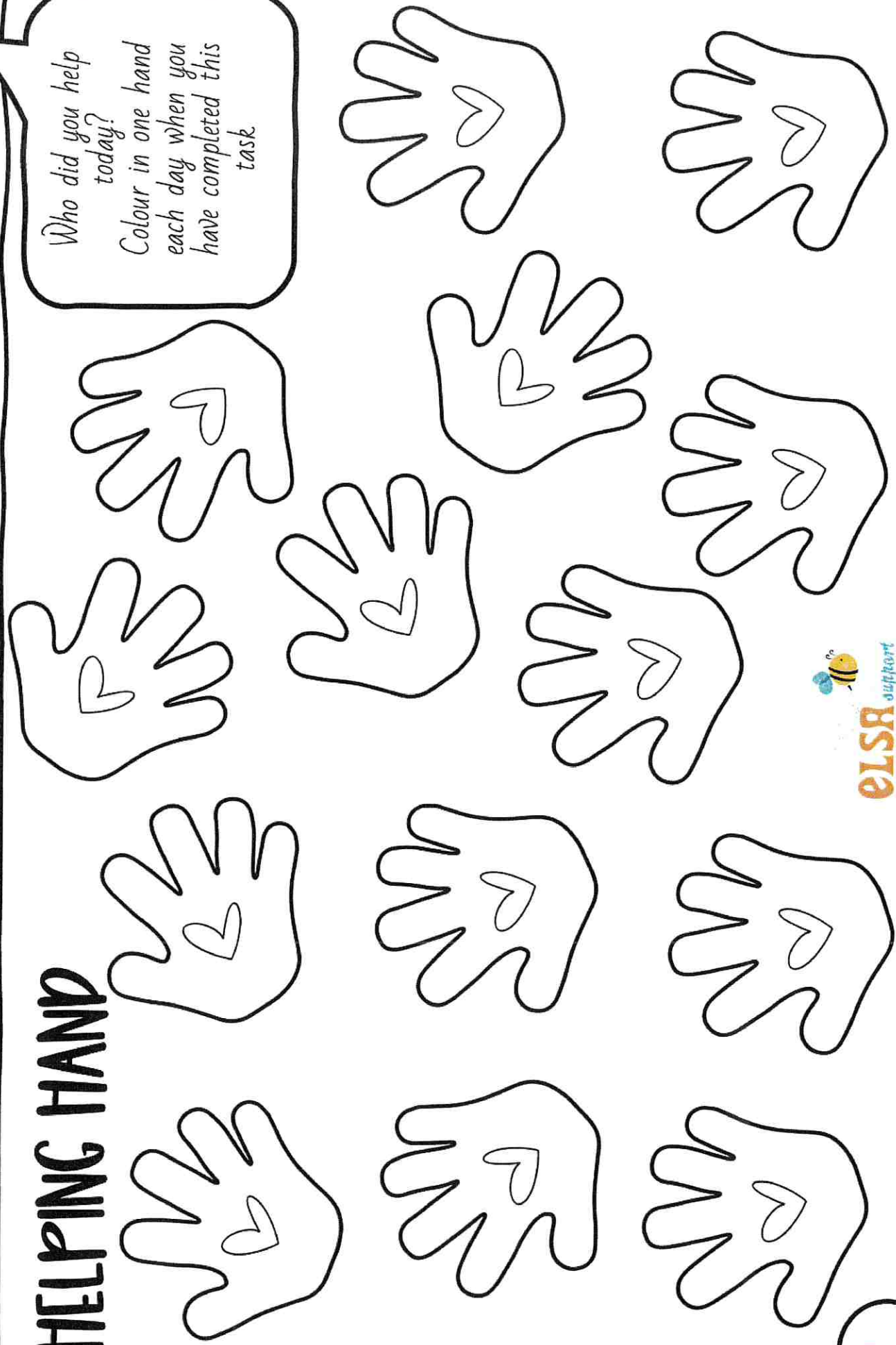


SUGGESTIONS

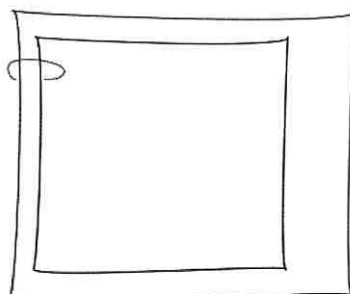
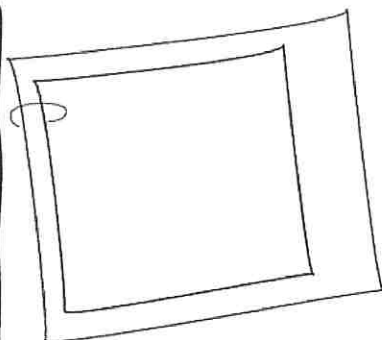
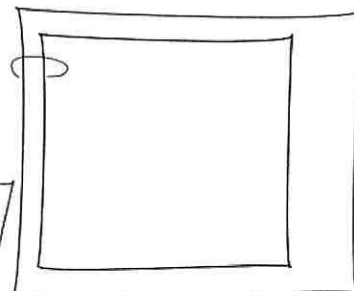
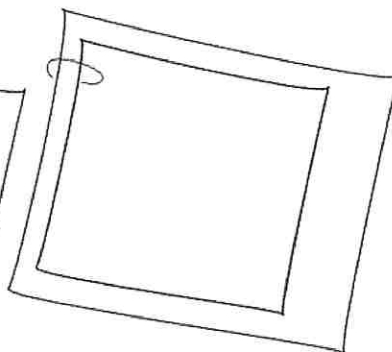
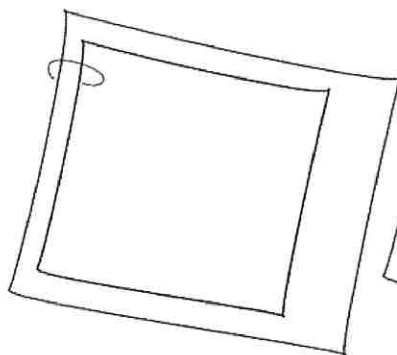
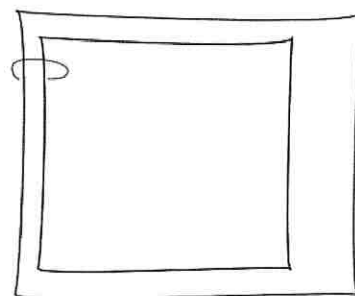
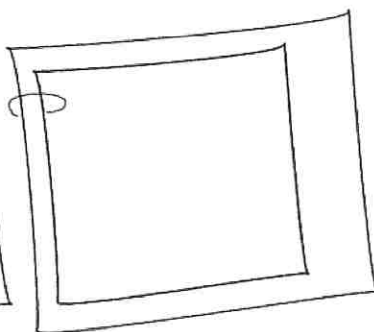
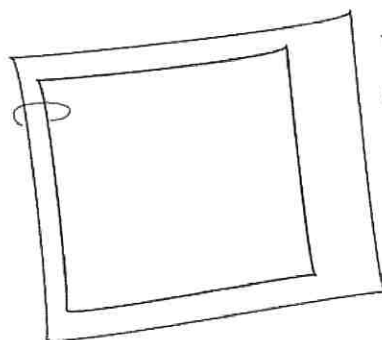
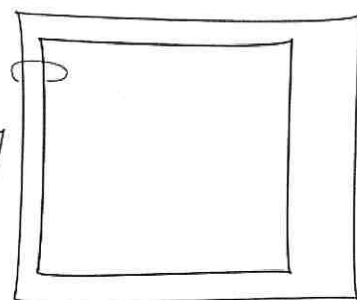
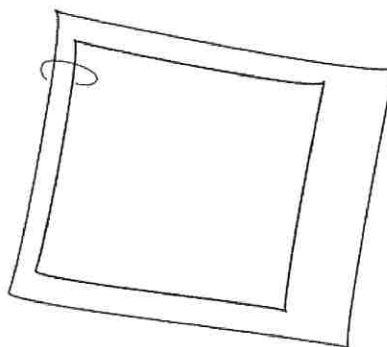
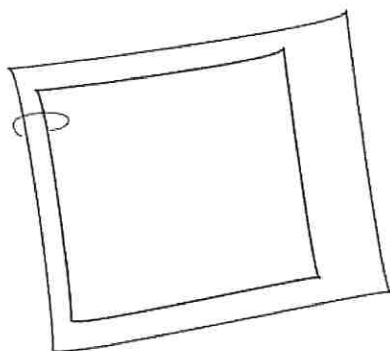
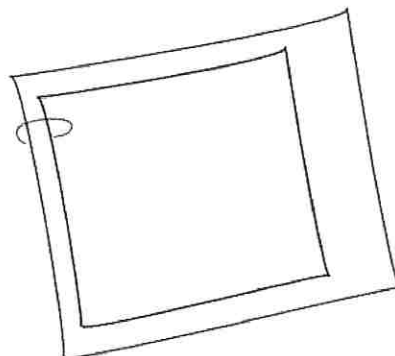
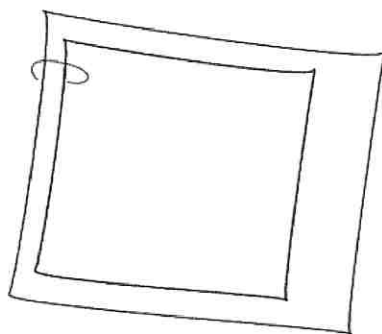
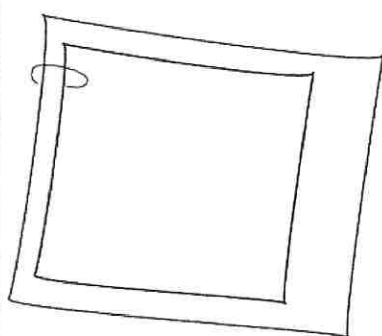
- A person
- A pet
- An animal
- Food
- Drink
- Memory
- Song
- Game
- Friend
- A toy
- School subject
- Hobby
- An emotion
- A colour
- An insect
- A flower
- A smell
- A sound
- A dream
- A tree
- Fruit
- Vegetables
- A bird
- Clothing
- A present
- Movie
- Chocolate bar
- Something at home
- Something at school
- A family member
- A talent
- A strength

HELPING HAND

Who did you help today?
Colour in one hand each day when you have completed this task

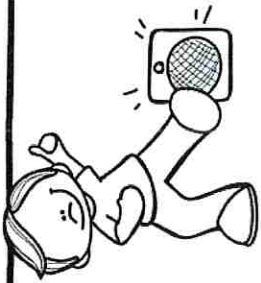


What made you feel happy today? Draw a picture or write in each box.

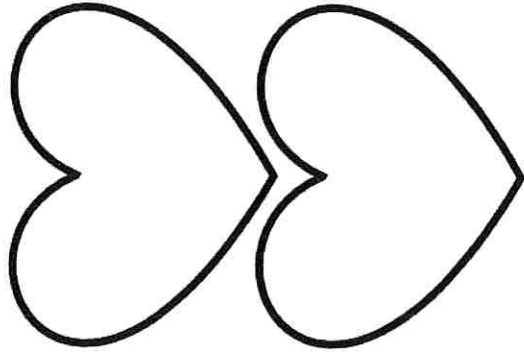
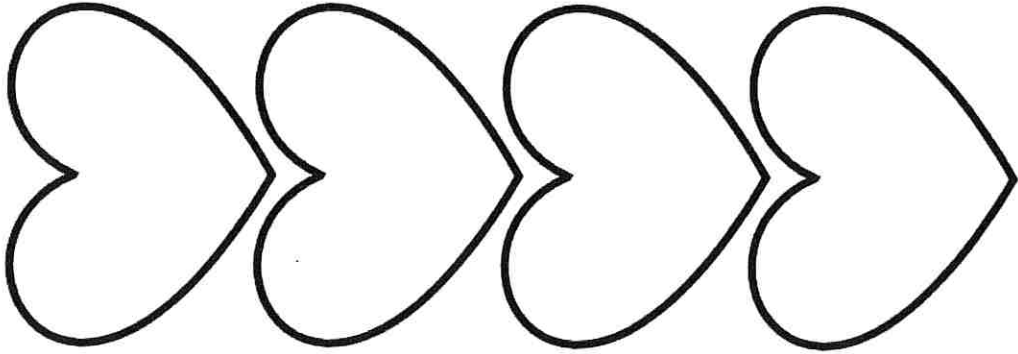
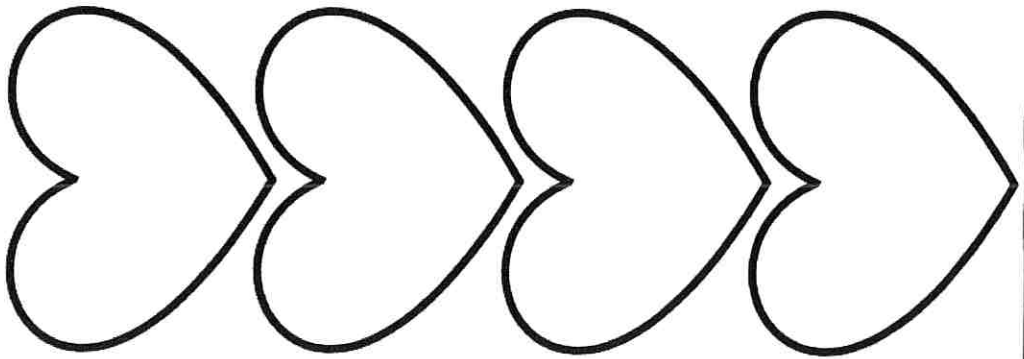
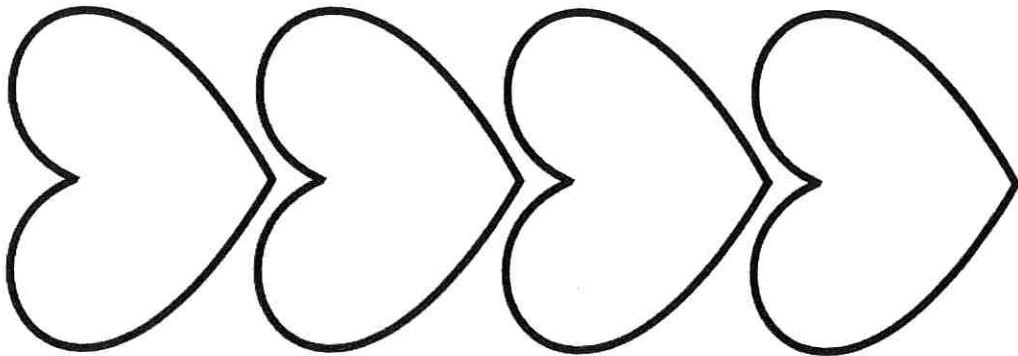
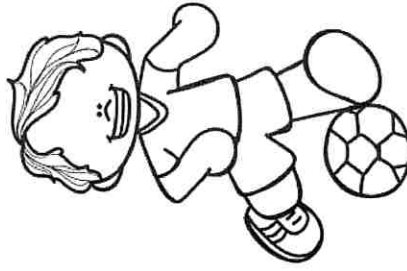
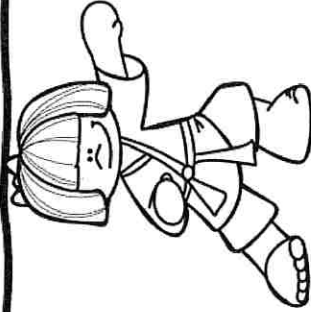


HAPPINESS

EXERCISE



What exercise did you do today? It can be a walk, run, exercise routine. Anything at all. Count your heartbeats for one minute after your exercise and write the number in the heart shapes. An adult can help you find your pulse and count.



FEELINGS

How do you feel today? Draw your facial expression for each day.

MY PERFECT LOCKDOWN DAY