

What makes a hero?

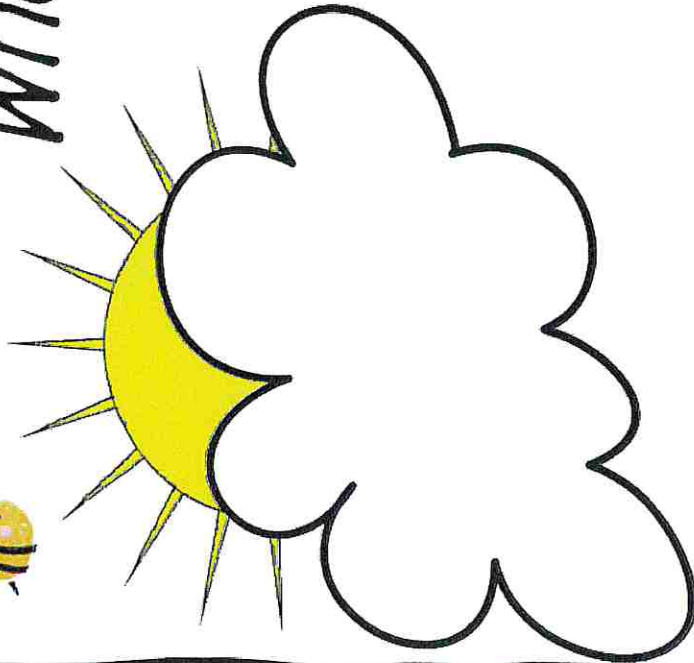
*You might think a hero wears a cape
Tied around their shoulders with a bit of tape.
Superpowers like flying high,
Who never feel the need to cry.*

*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

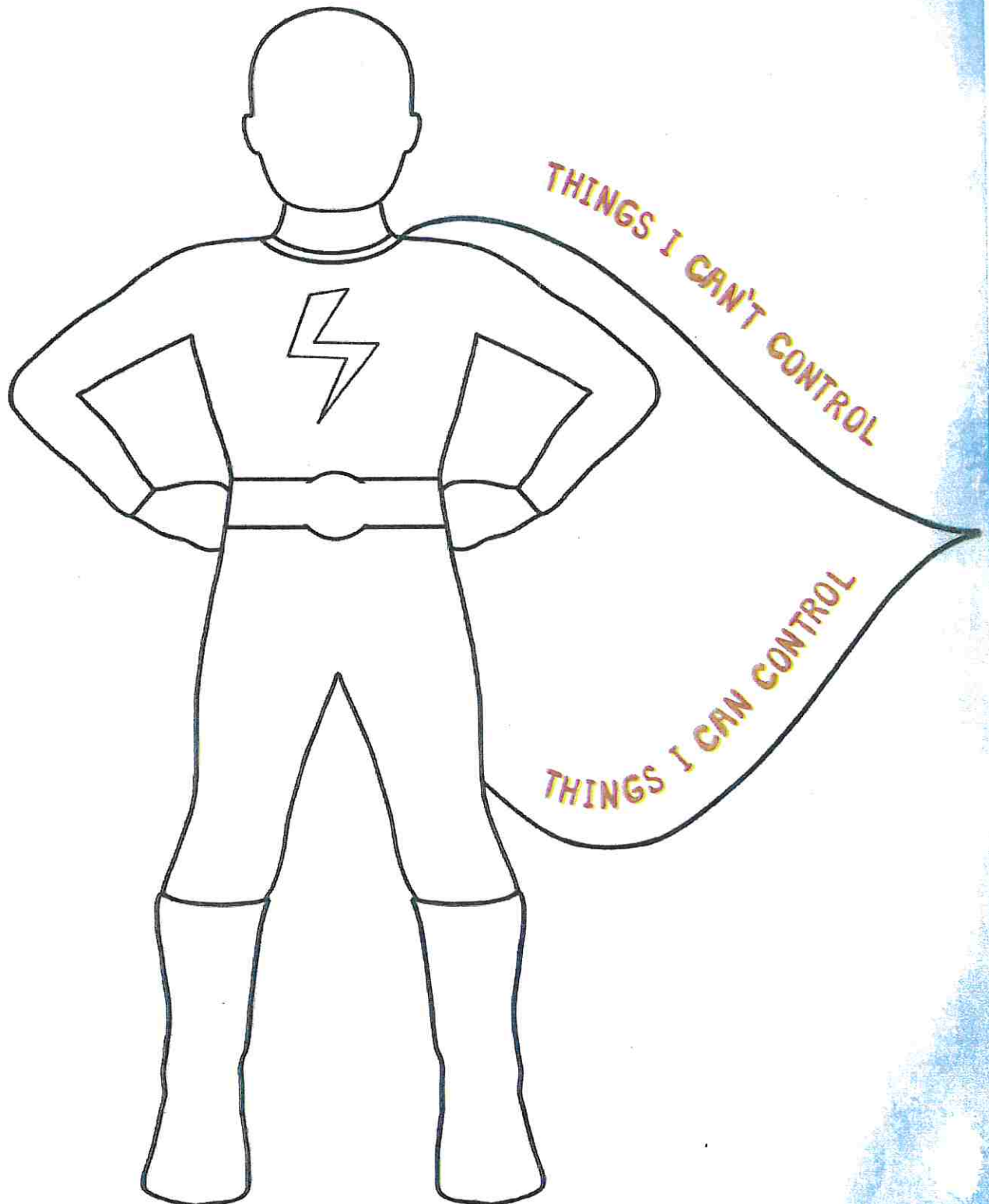
My friendship skills

My ability to express my feelings



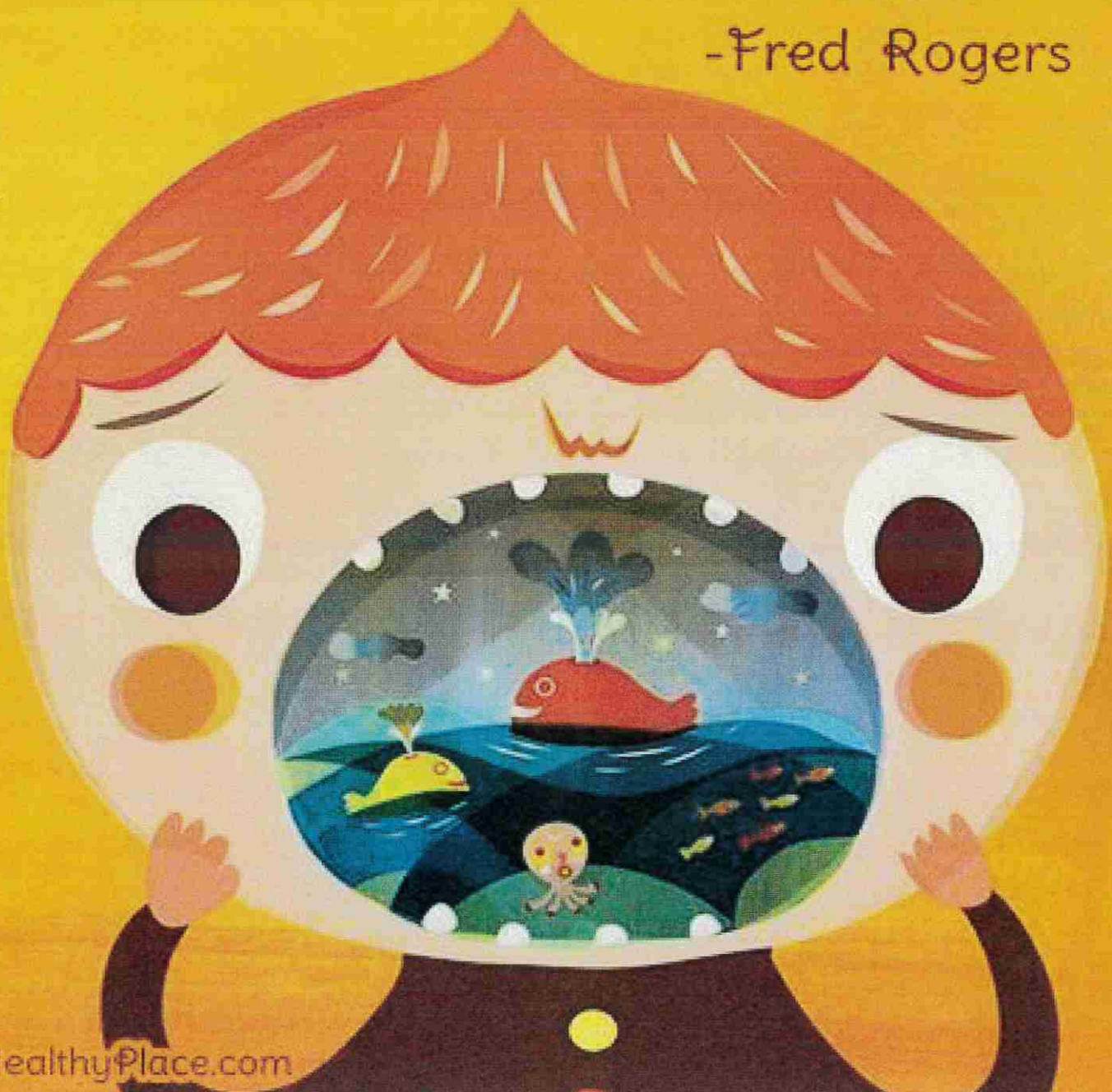
IN OR OUT OF MY CONTROL?

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.



When we can talk
about our feelings,
they become
less overwhelming,
less upsetting,
and less scary.

-Fred Rogers



Sunny Side



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

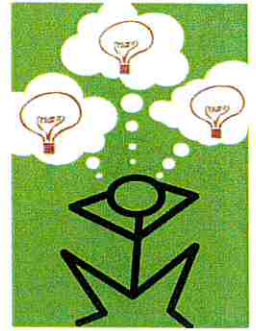


There are lots of things I
can't do at the moment.



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?

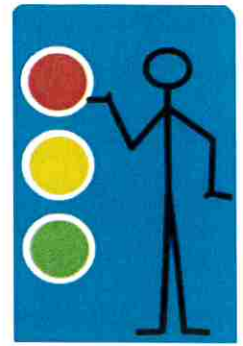


What can we do to relax?

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

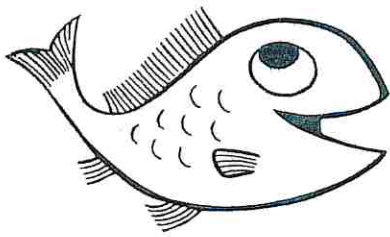
What could you have done differently?



5 Star Colour Breathing



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

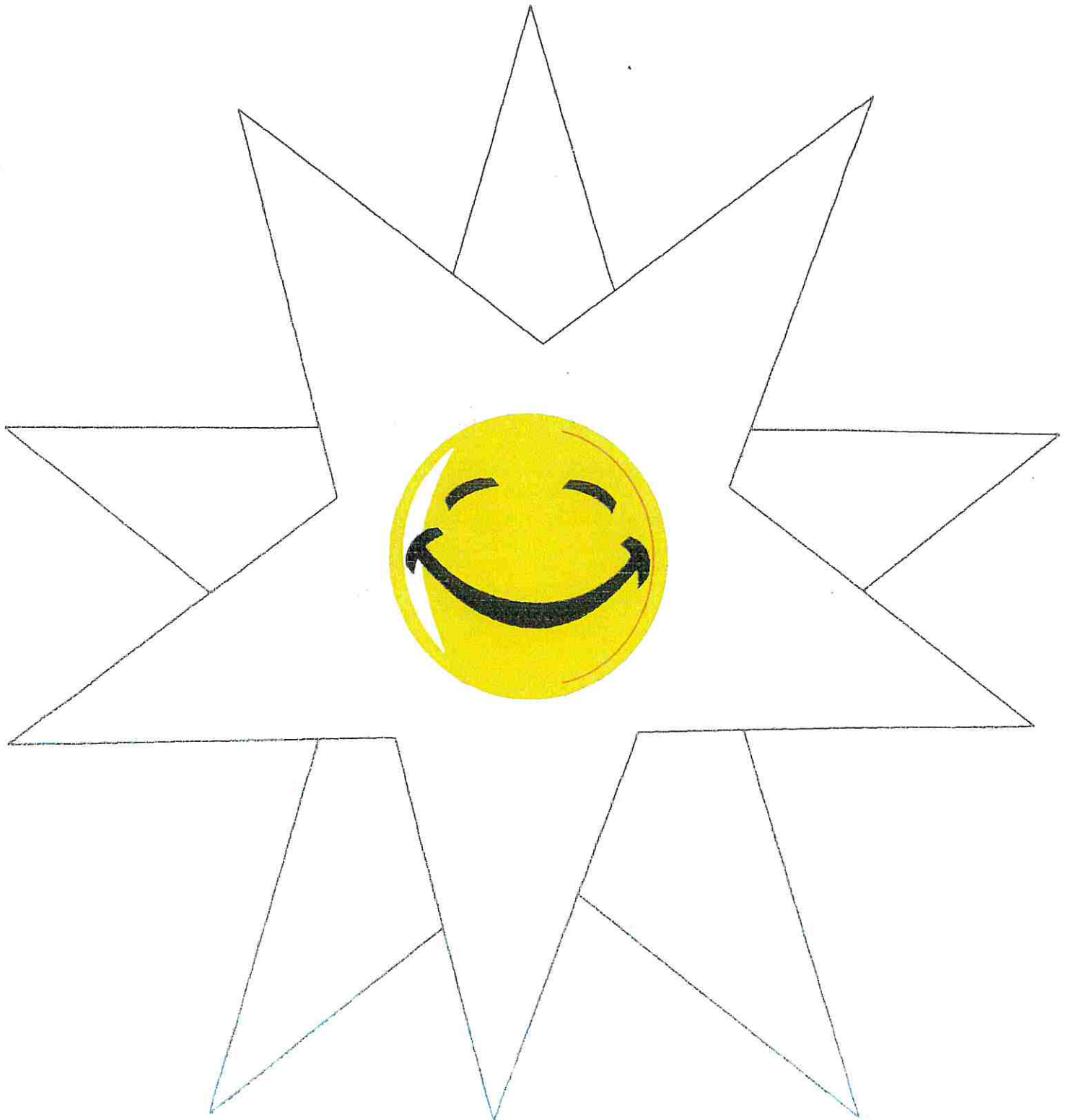
Take the 5 finger positivity challenge!

List 5 POSITIVE things about YOU

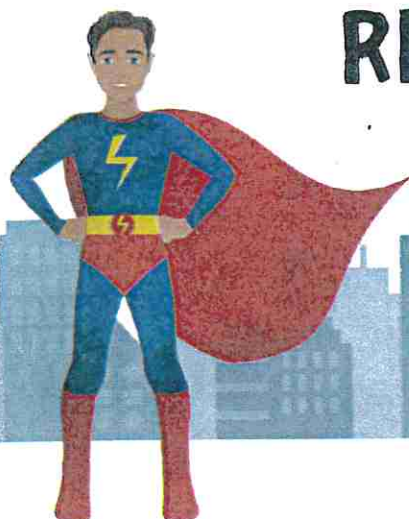


Celebrate Your Success

1. Think of all the things you have achieved in your life.
All of the things that you can do now that you couldn't do before.
2. Write them in the points of the star.



RESILIENCE IS MY SUPERPOWER!



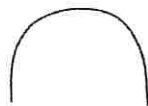
- ★ I keep going even when it's hard.
- ★ I get better with practice.
- ★ I believe I can do hard things.
- ★ I keep calm when I make a mistake.
- ★ I keep trying until I get it.
- ★ Challenges make me stronger.
- ★ I ask for help when I need it.
- ★ _____
- ★ _____
- ★ _____

TAKE CHANCES KEEP GOING



Name _____

Fox and Raccoon started a bunch of drawings and gave up. Complete the drawings below to show how their work could have been something amazing if they had kept going!



MY PERFECT LOCKDOWN DAY



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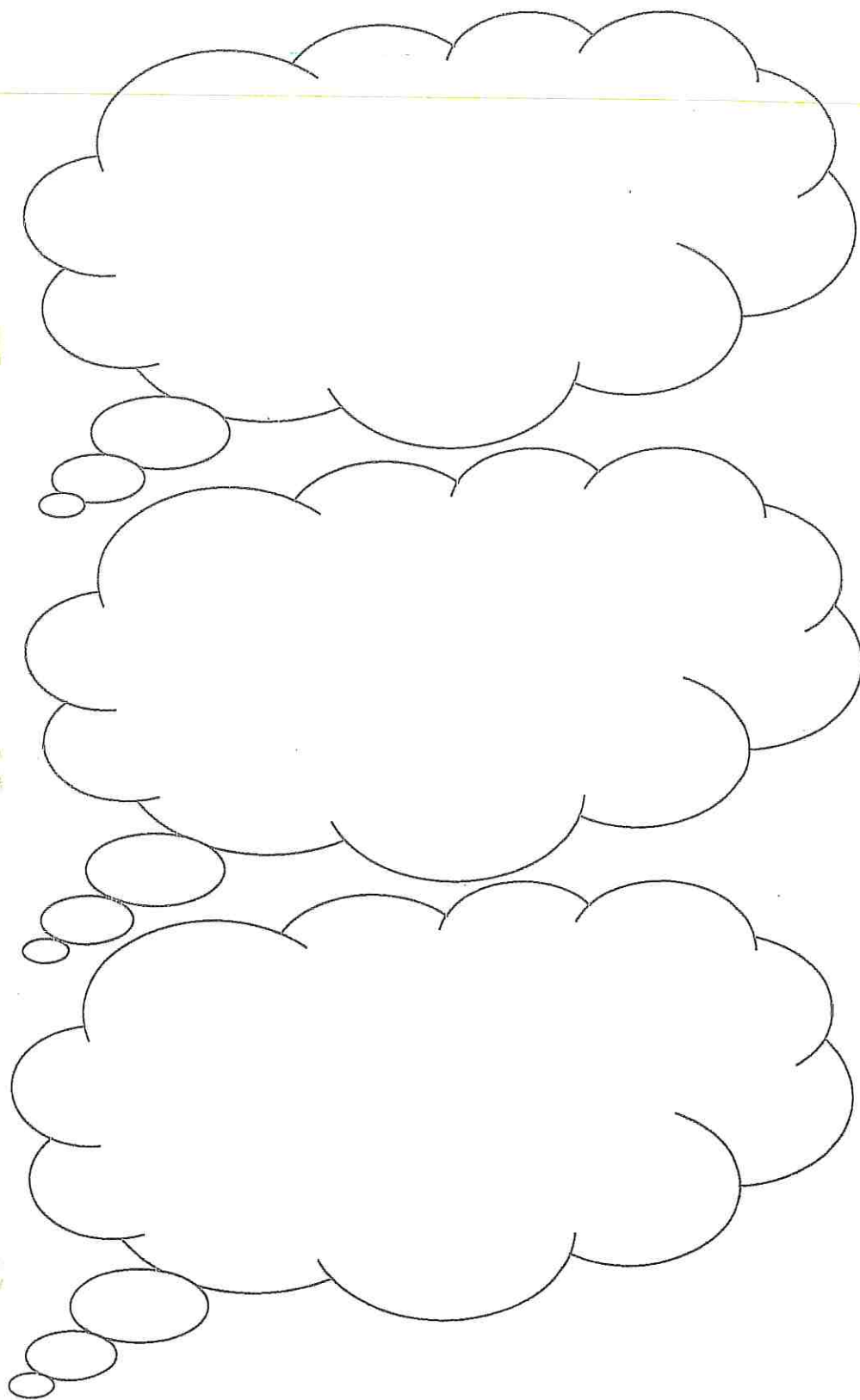
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Three wishes

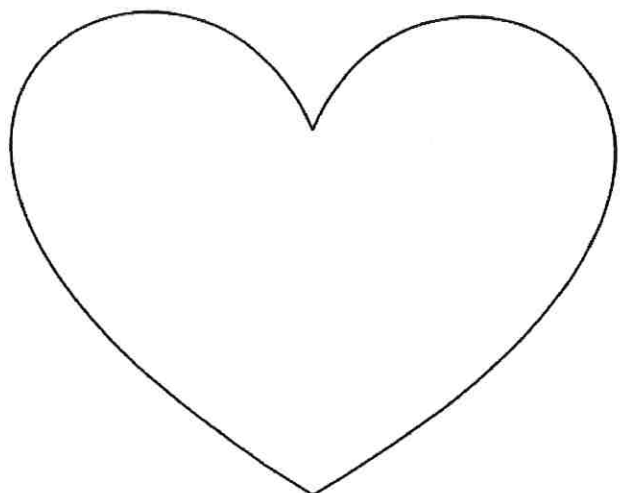
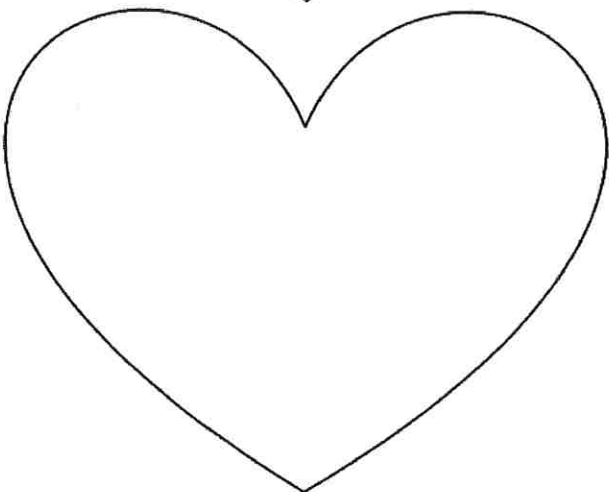
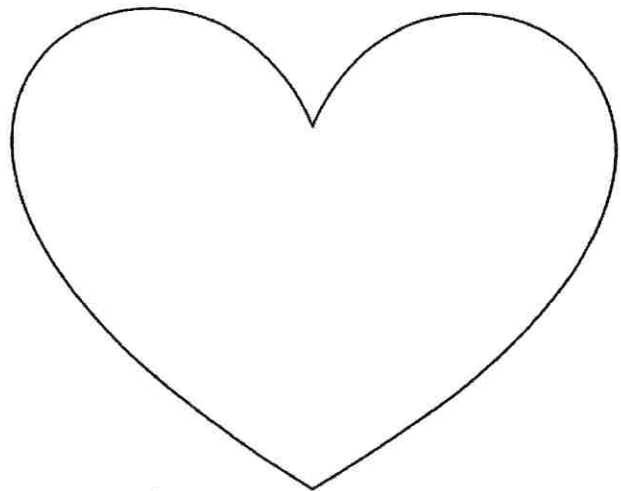
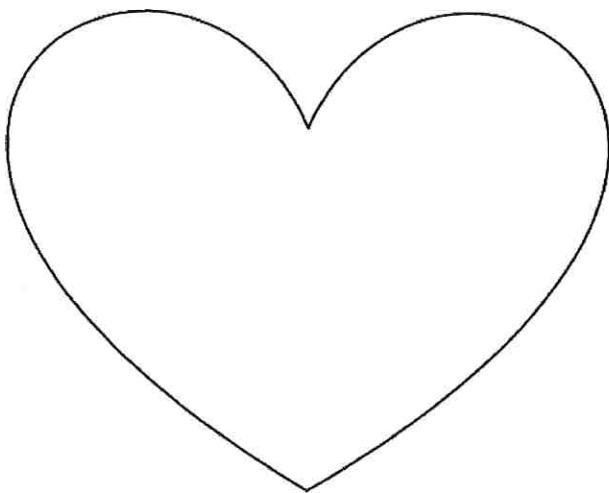
If I could have any three wishes come true, I would wish...

Three large, empty thought bubbles are arranged vertically on the right side of the page. Each bubble has a main large cloud-like shape and several smaller circles leading to it from the left. The top bubble is connected to a small cluster of three circles, the middle bubble to two, and the bottom bubble to three. These bubbles are intended for a child to write their three wishes inside them.

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



ok



happy

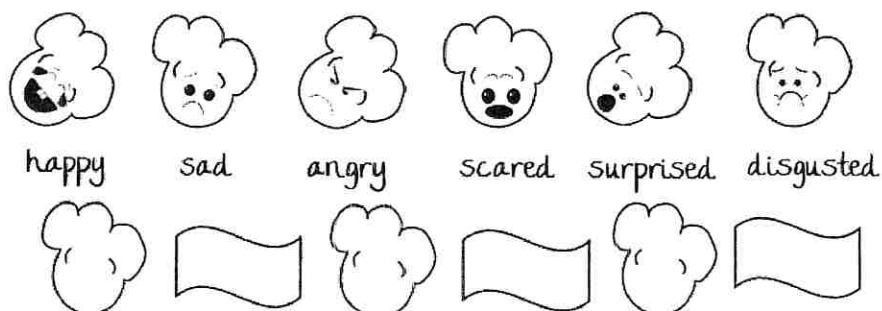
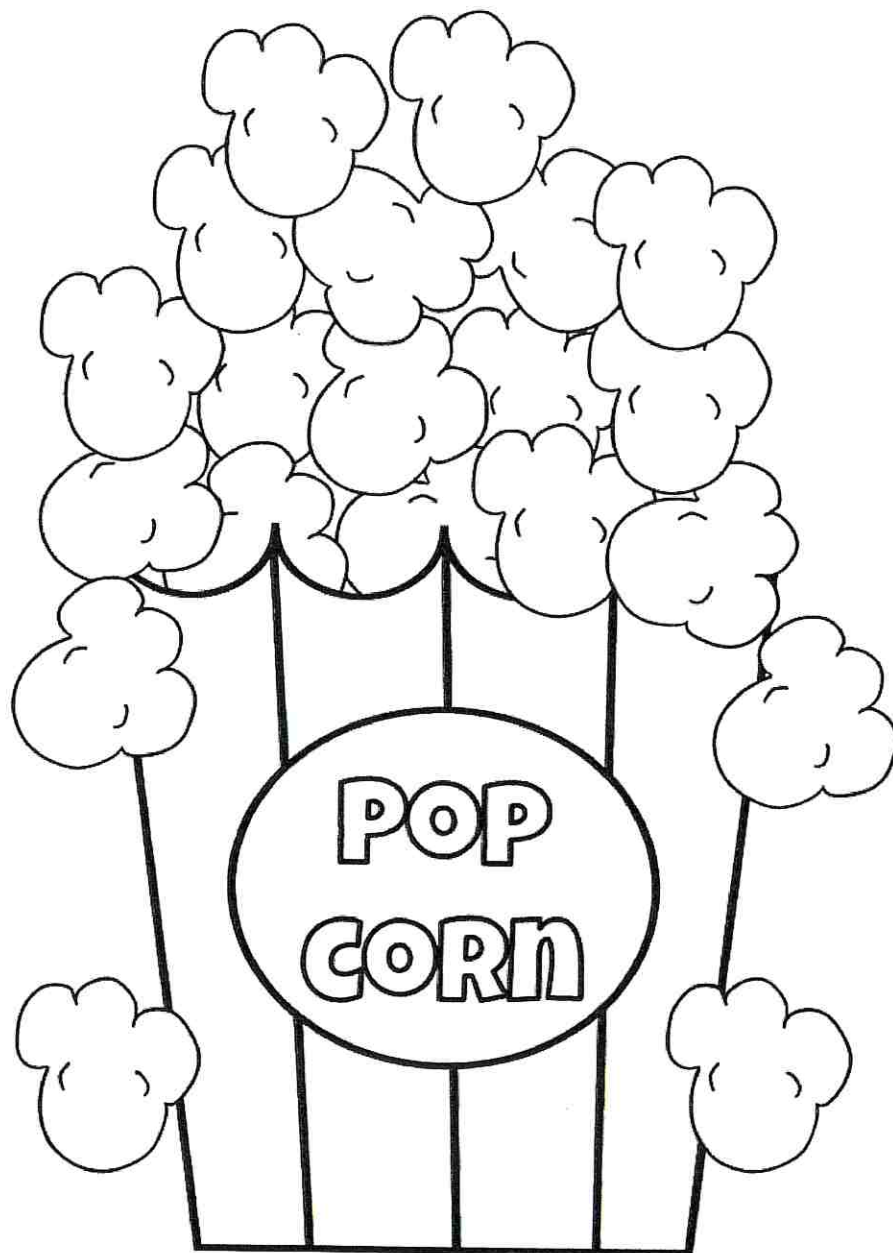
Revealing
your feelings

is the beginning of



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.



ELSA Support's 14-day photo challenge



1

A smile

2

Morning sky

3

Favourite book

4

Living creature
on your walk
or in your
garden/yard

5

Something that
grows

6

Family member

7

Something that
makes you
proud

8

Favourite food

9

Some artwork
you have done

10

The weather

11

Through a
window

12

Something old

13

Something that
makes you feel
happy

14

Something
calming

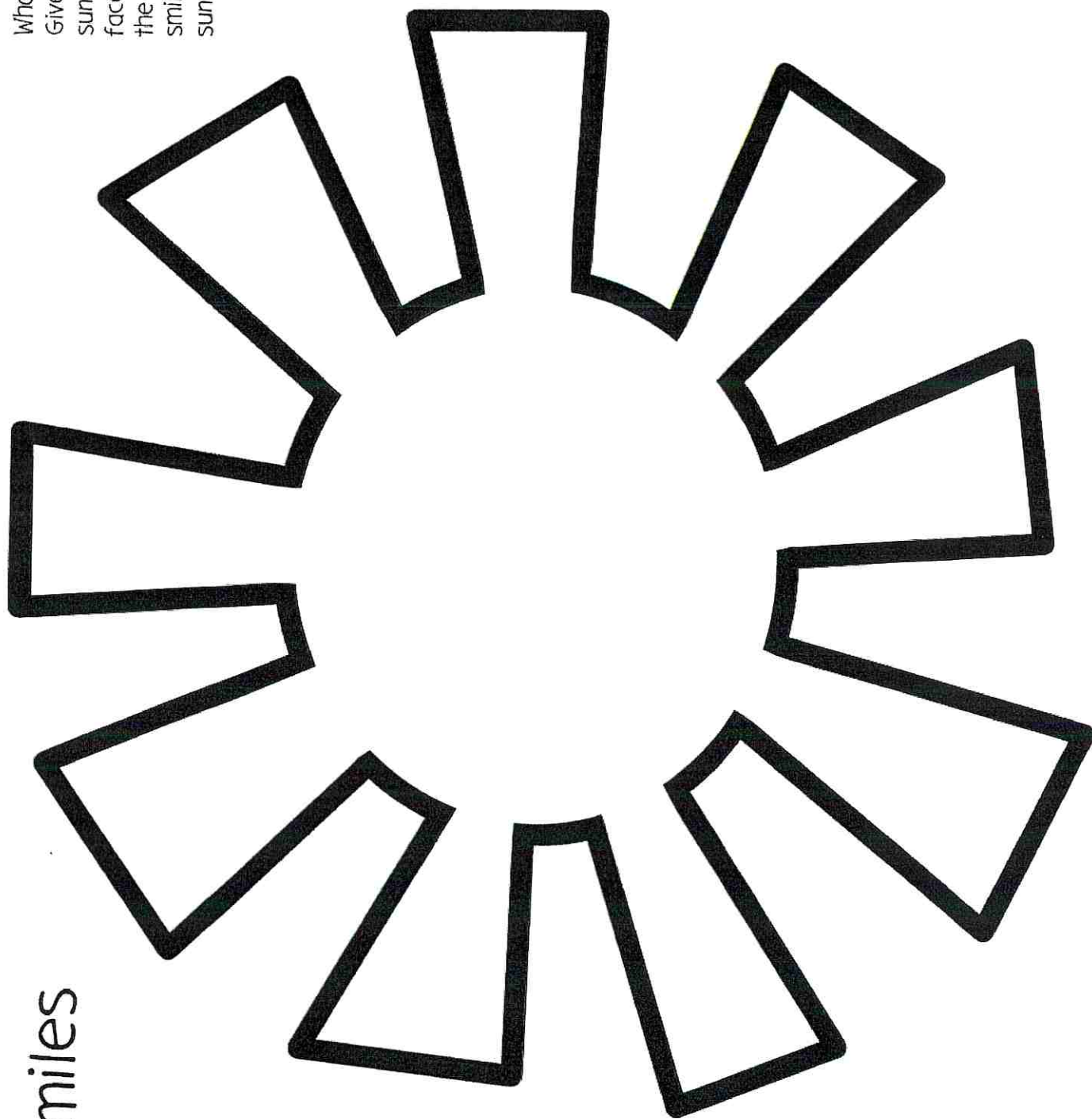


ELSA support

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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.

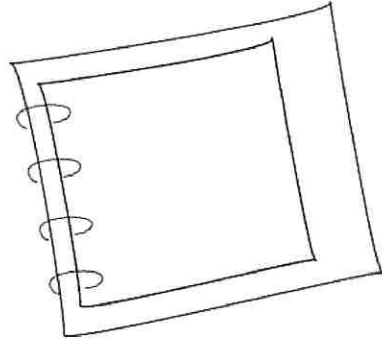
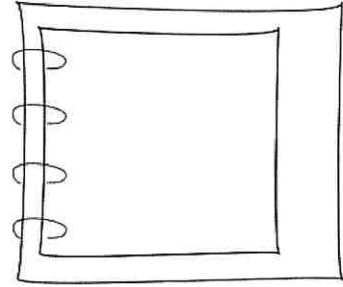
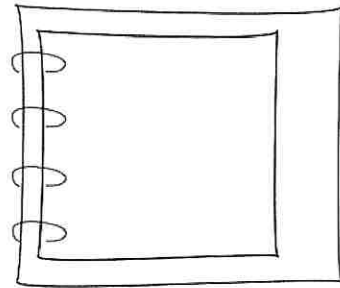
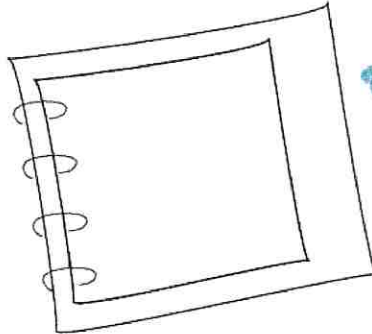
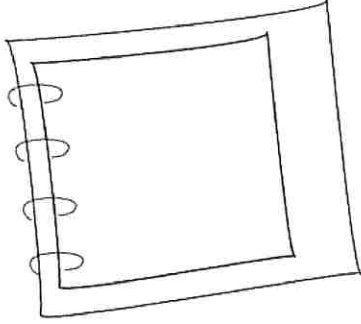
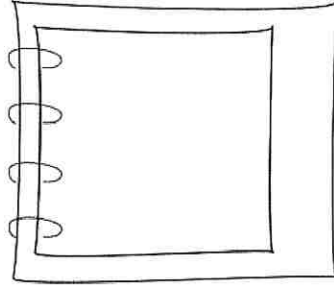
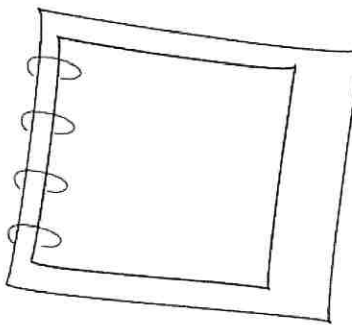
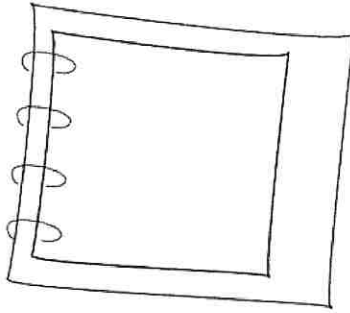
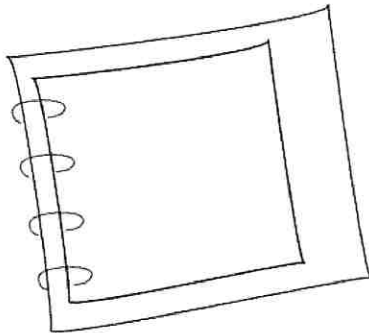
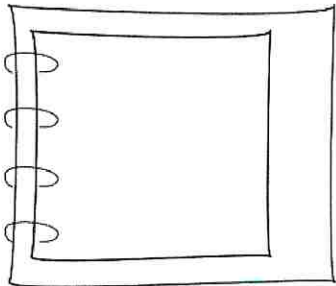
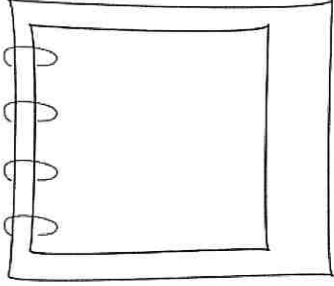
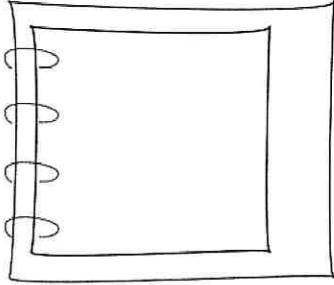
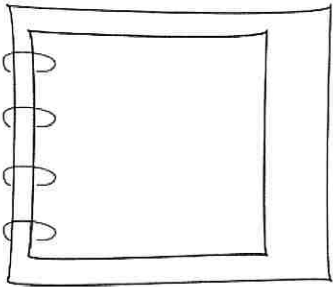


HAPPINESS

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

CONNECT

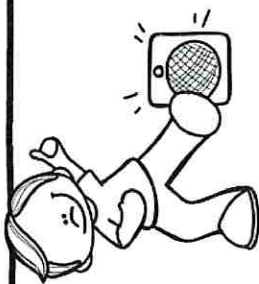
Who did you connect with each day? Write the name or draw a picture of one of the people each day



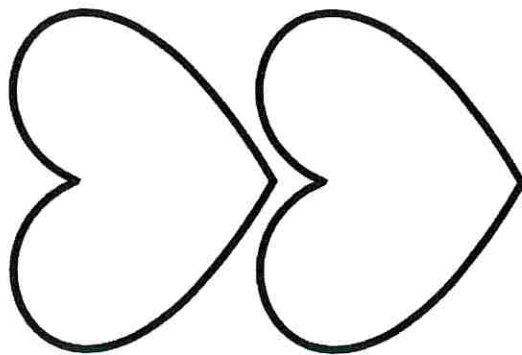
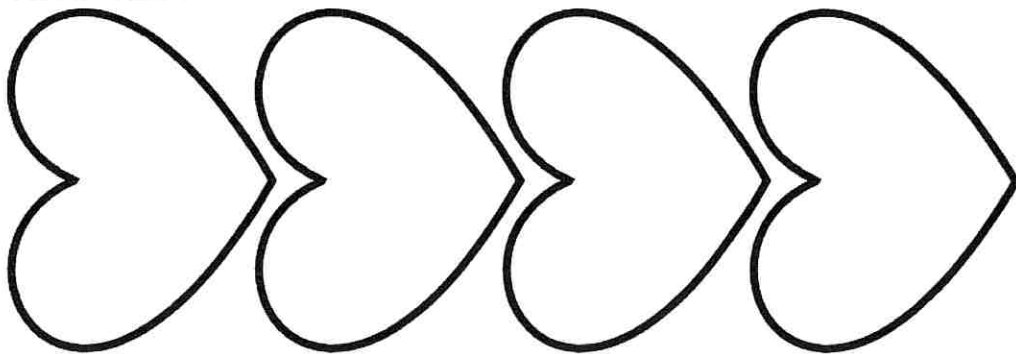
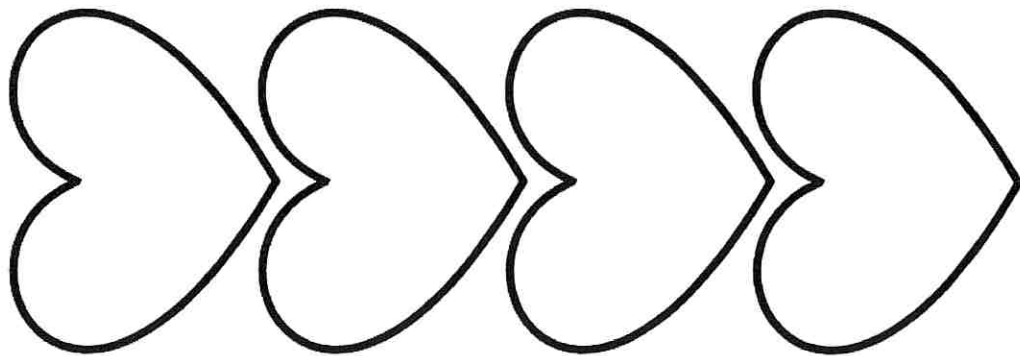
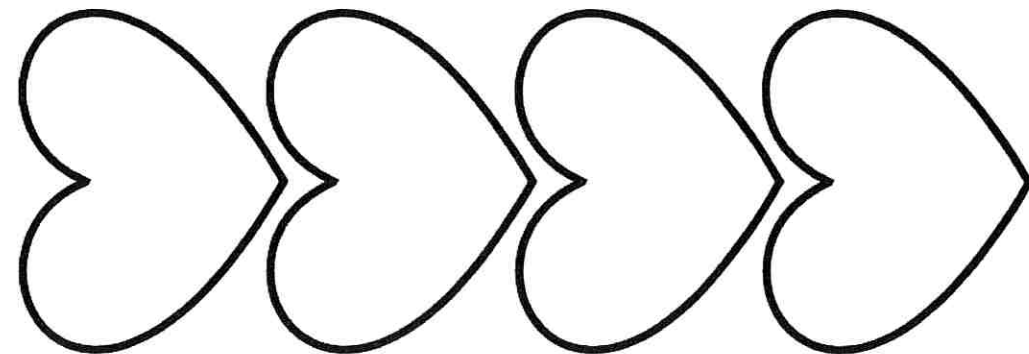
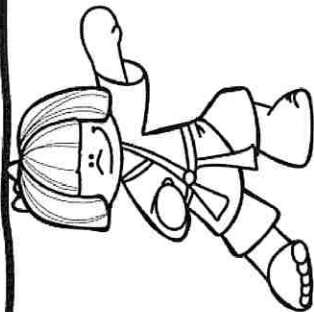
SKILLS

What did you learn today? Write in the talking bubble. It can be the smallest thing!

EXERCISE

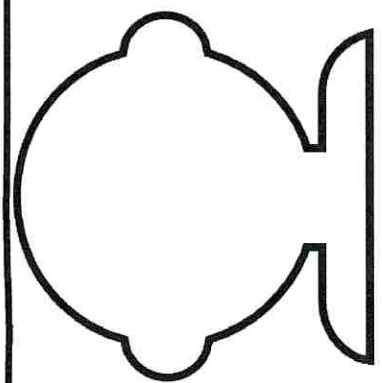
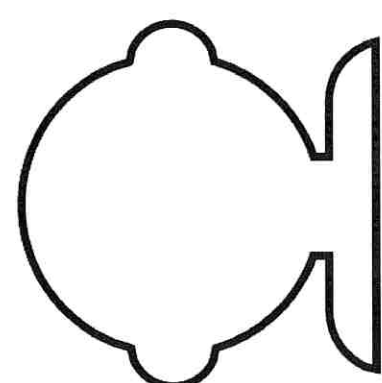
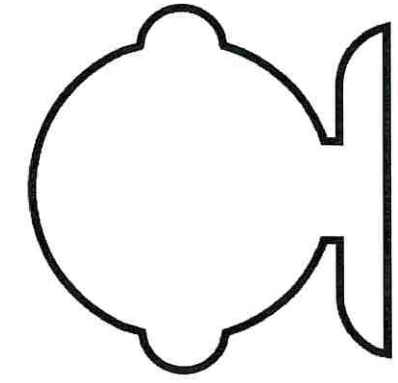
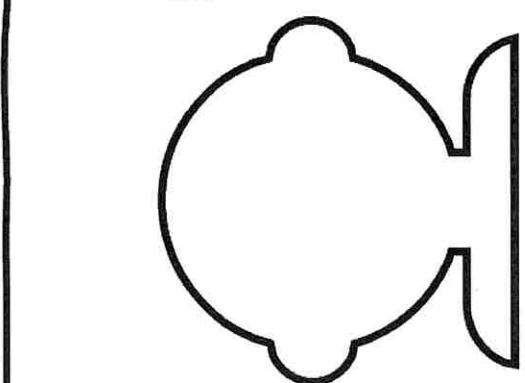
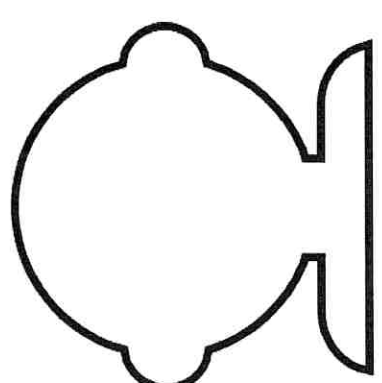
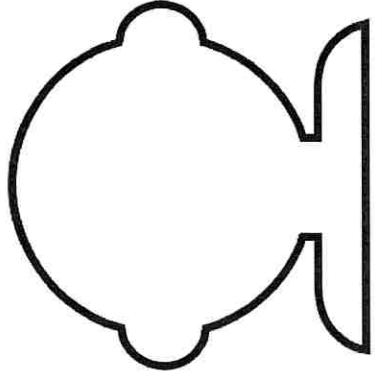
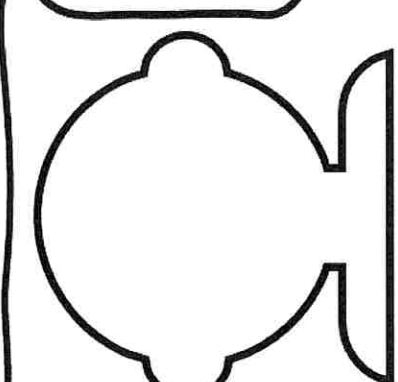
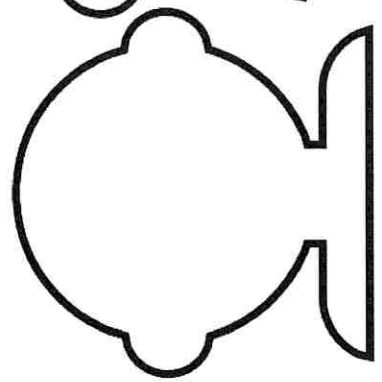
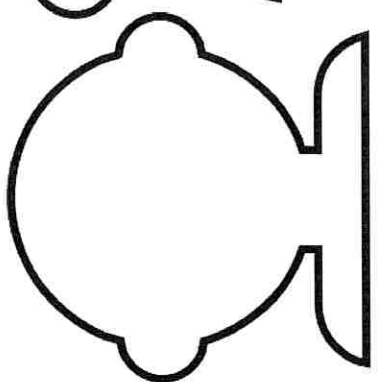
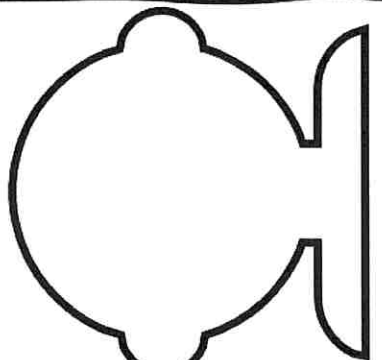
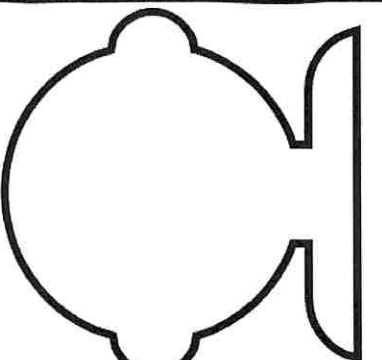


What exercise did you do today? It can be a walk, run, exercise routine. Anything at all. Count your heartbeats for one minute after your exercise and write the number in the heart shapes. An adult can help you find your pulse and count.



FEELINGS

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

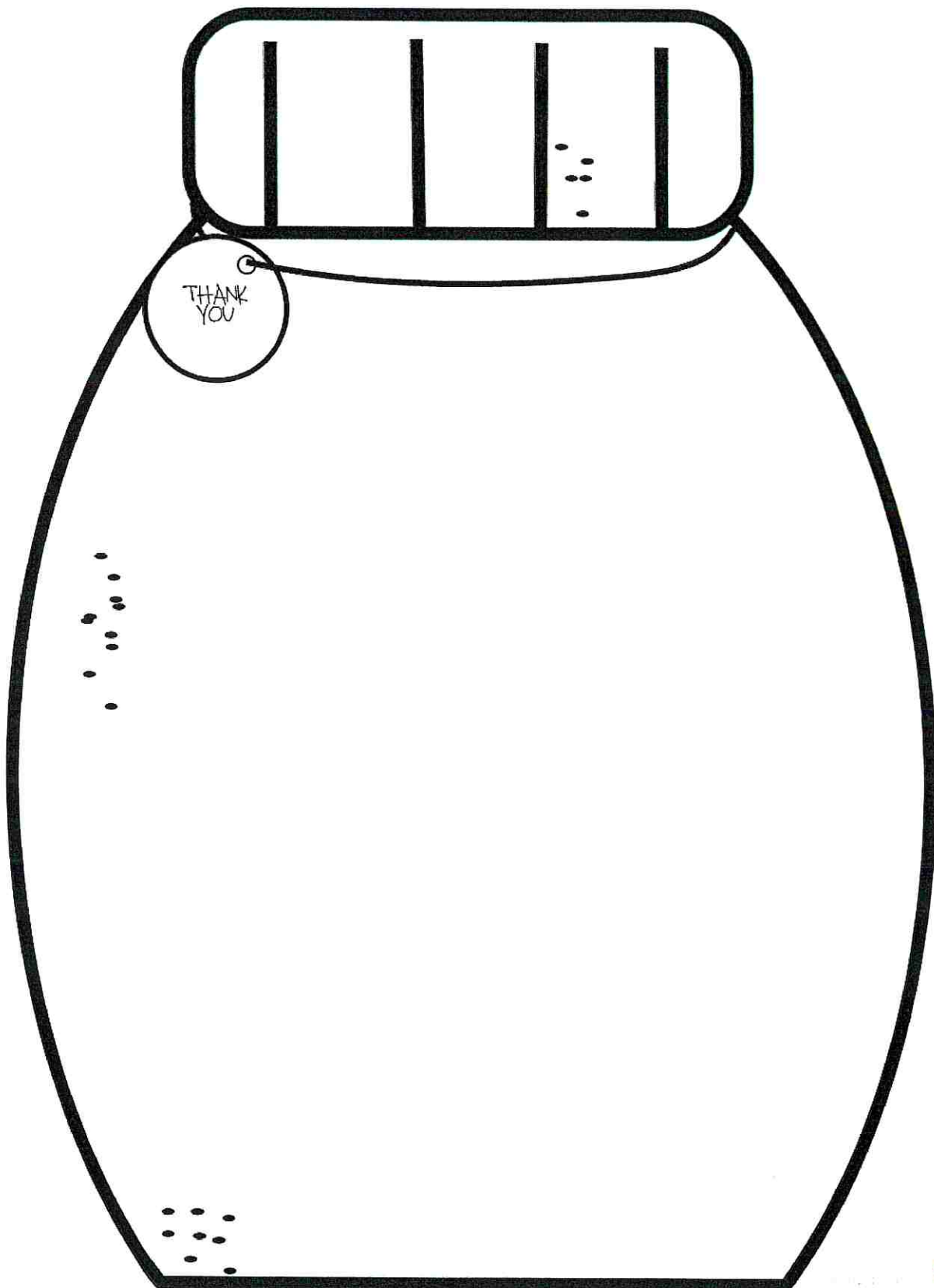
		
		
		
		

SUGGESTIONS

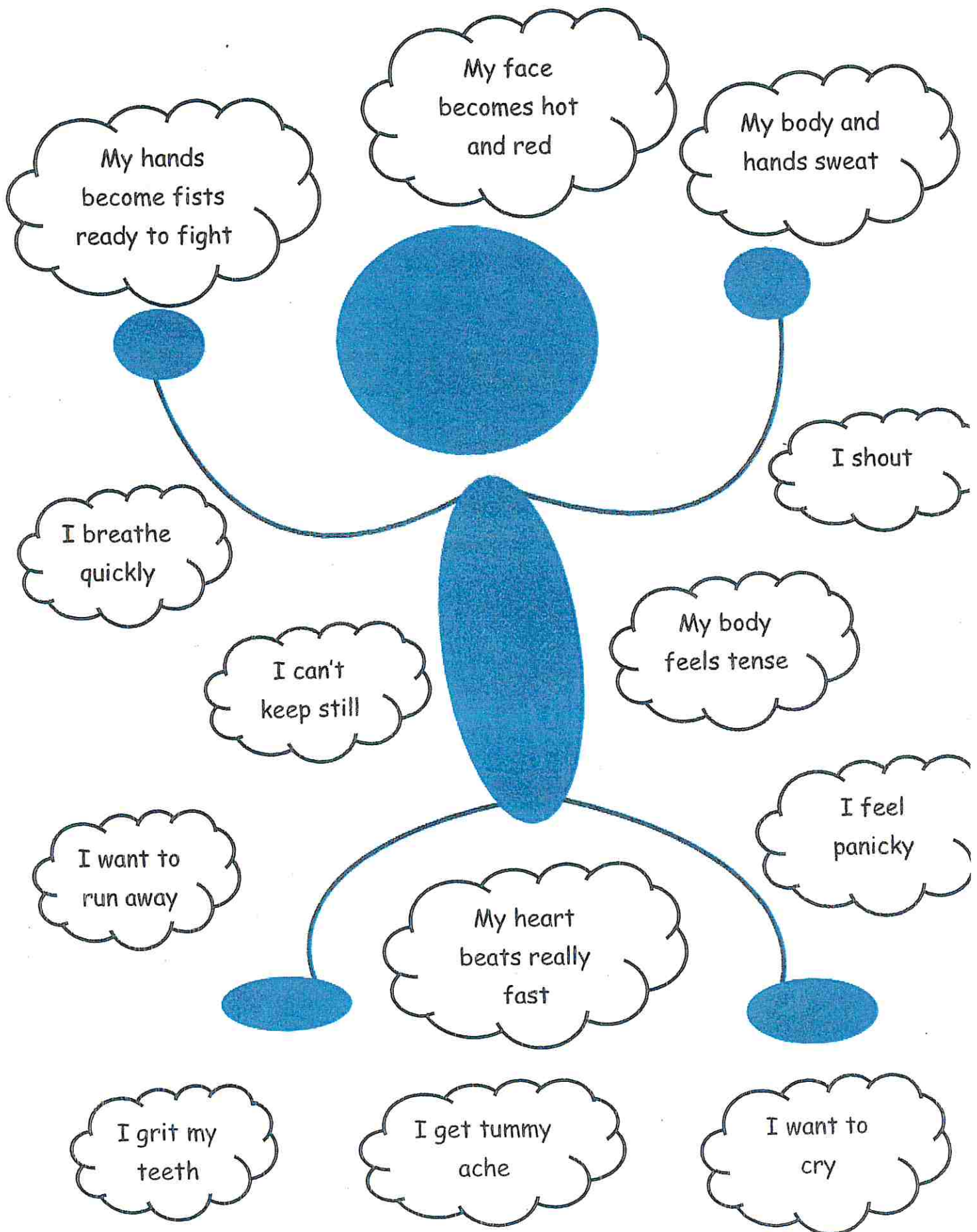
- A person
- A pet
- An animal
- Food
- Drink
- Memory
- Song
- Game
- Friend
- A toy
- School subject
- Hobby
- An emotion
- A colour
- An insect
- A flower
- A smell
- A sound
- A dream
- A tree
- Fruit
- Vegetables
- A bird
- Clothing
- A present
- Movie
- Chocolate bar
- Something at home
- Something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

JAR OF GRATITUDE

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



When I am angry...

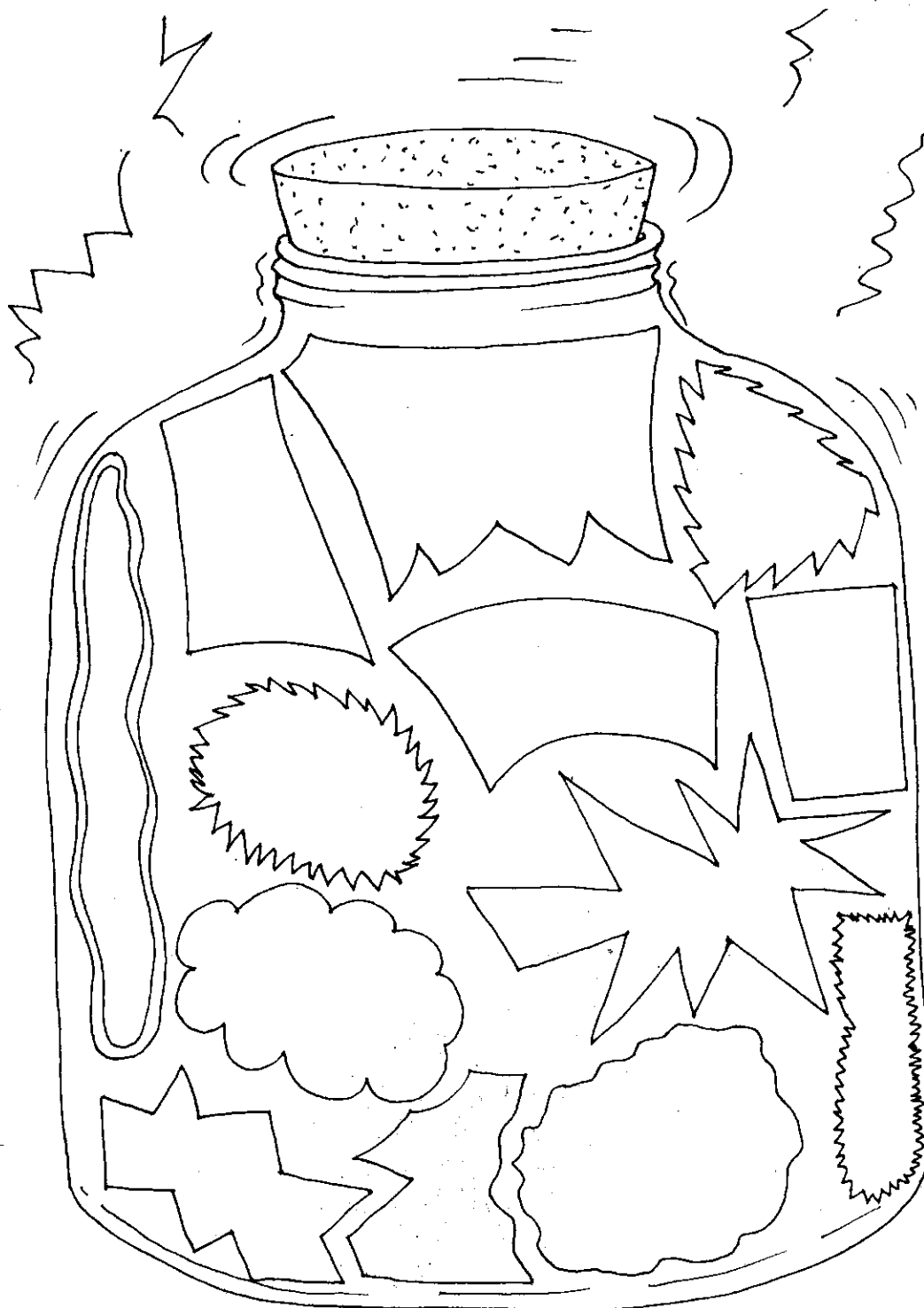


Date _____

Name

BOTTLING ANGER

Write in the spaces the anger you may have bottled up. Who? When? Where? Why?



Date _____ Name _____

SHIELDS

Draw yourself a shield that can protect you. You may draw on it things that help you feel happy and safe. It can be old fashioned, new, science fiction. It can have special equipment on it. It may need words. It needs to be colored. Explain how it works to protect you.



Do a puzzle



Paint



Do a
silly dance



Place an ice pack
on my neck



Do yoga poses



Make a fist,
then relax



Read a book



Pet my animal



Use weighted blanket



Visualize a peaceful
place



Stretch



Build something

When I feel
upset, worried
or disappointed
I can



Have some alone
time



Listen to
relaxing music



Write in a
journal

Look at my glitter jar



Play with modeling
clay



Take a warm bath



Take 10
deep breaths



Hum or sing
a song



Go outside



Draw how I feel



Jump on a
trampoline



Give someone a hug