

Ideas of activities to try

Memory Jar- each day write down things you have enjoyed doing and pop them in your jar.

Worries jar- write down your worries then pop them into the jar- allow a short amount of time each day to discuss and reassure then move on to an enjoyable activity.

Keep a feelings diary - you may want to include what you have done and how you felt about at particular points in the day.

Alphabet key- try to think of any activity you have done or would like to do or a feeling you have had for each letter of the alphabet....

A- Applauding the NHS **B-** bike ride **C-** cooking

Make a list of things that you enjoy doing - what keeps you calm? What things annoy you? you could use these to create your own five point plan.

Design your own reward chart- this may be for chores you have done around the house or behaviour.

Strategies to try

Breathing techniques - in through the nose and out through the mouth.

Senses- focus on your five senses

What can you hear?

What can you see?

What can you taste?

What can you touch?

What can you smell?

Links to websites with activities and support information.

<https://www.childline.org.uk/toolbox/calm-zone/>

Mindfulness for children - <https://positivepsychology.com/mindfulness-for-children-kids-activities/>