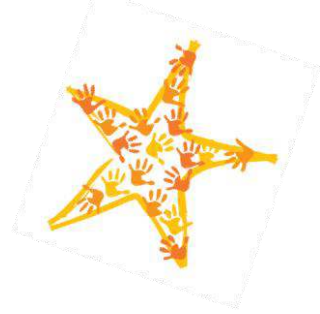


Activities to help with stress, feeling safe and talking about feelings



- Blowing bubbles and popping them/keeping a balloon up in the air.
- Breathing in and then gently blowing a feather from a hand to demonstrate mindful breathing.
- Playing with shaving cream/sculpting – add food colouring and lay paper on top remove the paper and it looks like marbling – can you see a shape or picture, can you describe it.
- Choose colours that equal feelings and ask the family to point to the one that most describes how they are today. The most typical could be; blue for sad /red for angry/yellow for happy. Add some more with the feelings that are special to your family.
- Decorate some biscuits with facial expressions using icing and other edible things.
- Make some playdough. Let the children do what they wish with the dough. This can be used as a stress reliever, or they might sculpt things that are important to them. Describe, or make a story about what is made.
- Mandala drawing for children. Colour pre-set template, or encourage the children to make their own. This helps with creativity and relaxation. Or use this website for ideas for linking mandalas and nature: <https://artfulparent.com/mandalas-in-nature-mandala-art/>.
- Squiggle game for two people – one person closes their eyes and makes a squiggle then asks the other if it looks like anything, or the other person uses a pencil to make the squiggle into a drawing of something they see – good use of the imagination.
- Visualisation from the Relax Kids: The Wishing Star – Marieta Viegas (this book can be found on Amazon) – Draw pictures afterwards and share with each other.

- Make calming and soothing collage images – make a collage with pictures from magazines that are calming and soothing, include animals, food and favourite places.
- For anxious times use a ‘Soothing Box’. Create a soothing box using a shoe box (or any other box) consider using the senses when finding things to put inside:

TOUCH - bubble wrap, pebbles, crystals

SMELL - a smell that the child likes e.g. aromatherapy (take care with some e.g. lavender), lip balm that smells good, perfume

SIGHT - something to keep you busy rubic cube, some lego, word puzzle; a picture that is special to you

TASTE - something you like to eat, e.g. chocolate

HEARING - favourite CD, birdsong, sleigh bells, small musical instrument, shaker.

- Decorate the outside of your box in your favourite colours or graffiti/emojis.
- Make a collage of photos of all those people you cannot visit or see at the moment and have it on the wall in the kitchen so you can all look together and talk about them.
- Draw a picture and send it in the post to those people who you see often and who you are missing.