



Feelings and Emotions

Upper school:

If your young person is feeling worried or anxious, some of the following activities may help to support them manage and talk about these feelings:

Make a Worry Box



Use any sort of box or container you have and let your child decorate it. Cut a slit/ hole in the top of the box for worries to be posted into.



I can



talk about



my



worries



with



an adult.



I can



draw

or



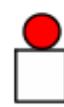
write



my



worries



on

a piece of paper.



I can



put



my



worries



away



into

a worry



box.



box.

Use the template below to help your child draw or write their worries and post them into a worry box.



Set up a quiet or calm space

Set up a permanent space in your house for your young person to use when they want some quiet and calm time. You can incorporate something to play music that they like, or it might include a roof made from blankets to block out some light and use a softer or coloured light instead. Some young people might prefer to be left alone in this calm space, and some might prefer some company – benefiting from a firm hug, sharing a book or hand or head massage.



Make a stress toy

Mini Stress Toy

Supplies

- Balloons
- Flour
- Funnel or bottle and scissors
- Spoon



- 1 First, you need to stretch your balloon! Blow some air into your balloon and then let the air out.



- 2 If you own a funnel, skip to the next step. If you don't own a funnel you can make one. Do this by using your scissors to cut the bottom half of the bottle off, leaving the mouth of the bottle and sides in one piece.



- 3 Next, put the funnel (or mouth of the bottle) into the neck of the balloon.



- 4 Then, pour some flour into the balloon, through the funnel. The balloon doesn't need to be very full – about 4 spoons full should be enough. It shouldn't fill the neck of the balloon. It might help if you use the end of a pencil or spoon handle to shape the flour.



- 5 Next, tie a knot in the balloon – you may need to ask an adult to help you with this. Your stress toy is now finished! You can have fun kneading and moulding your stress ball to help you relax!

Make mini-mes of people you wish you could see

In this confusing time when we can't see extended family and friends, your young person may be missing some of the other special and important people in their lives.

By making mini me versions of them, they can use these for play activities with toy cars or take them out into the garden or different areas of the house. For example, you might want to invite a 'mini me Granny' to sit at the dinner table with you or watch a film together.



FAMILY I CAN'T SEE... MINI ME

WHAT IS A MINI ME?

A mini me is a small version of you!
Usually a photograph that has been printed, laminated and stuck to something that will help it to stand up.
Lots of Early Years settings use mini mes of children (and staff) to add into play. The children LOVE them.
Why not make some with your child of the family they are not seeing at the moment?!

WHAT TO DO:

- Find a photo of the person you are going to make 'mini'
- Print it out
- Cut around their outline
- Laminate it (if you have a fancy laminator!) or...stick it onto some cardboard (like the back of a cereal packet).
- Glue or tape your mini me to something like a small bottle, yoghurt pot, small box...anything to help it to stand up.
- PLAY!

Learn to massage

Massage can be a calming sensory technique to try with your young person, some young people may be more sensitive to touch and some may require deeper pressure. Your young person may also like to massage you on the back, head or hands using some of the visuals attached as a guide for different techniques.

eye glasses x 3



Make three circles around the shoulder blades.
Stroke out to the arms and hold

hearts x 3



Begin at the base of the spine, with one hand either side of the spine. Move the hands upward making a small heart-shaped formation, and coming back down to the base of the spine. Continue making a larger and a larger heart-shaped formations.

baker / kneading



Place hands on shoulders and make gentle squeezing movements with the palm and fingers.

bear walk x 3



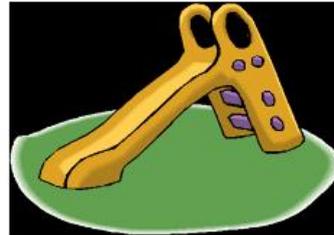
Place hands on either side of the spine, almost at the bottom of the spine. Press one hand after the other 'walk' up the back.

forehead stroke x 3



Place the fingers on the forehead and stroke around to the side. Hold the head for a couple of seconds.

sliding board x 3



Stroke from the top of the head down the neck and over the shoulders.

brushing off the snow x3



Stroke rather quickly out from the spine, down the back from shoulders to hip.

Hairdresser



Place fingers on top of hair, make circles with fingertips.

ice skating x 3



Place the sides of the hands parallel on each side of the spine. Move hands back and forth up the spine

brushing the horse x 3



Stroke with one flat hand at a time from the neck down the centre of the back.

