

# Lockdown activities for























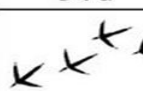

## Well-being - primary

Here are some activities and ideas to help us get through this difficult time. Please choose the activities that you would like to do either on your own or with your grown-ups at home - enjoy!

Maybe go on a mindful walk - what can you see? What can you hear? What can you smell? Here is a mindful bingo game, what can you find?

### Scavenger Hunt BINGO

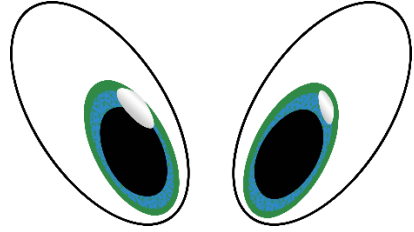
Get Five in a Row Up, Down, Across or Diagonal to Win

 Leaf	 Nut	 Cloud	 Flower	 Animal
 Nest	 Fern	 Mushroom	 Dead Tree	 Crawling Insect
 Water	 Dirt	Free	 Stump	 Butterfly
 Live Tree	 Rock	 Spider	 Bird	 Stick
 Grass	 Web	 Flying Insect	 Tracks	 Pinecone

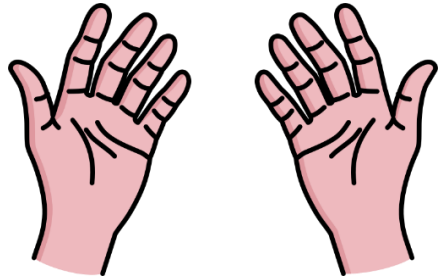
5 4 3 2 1

This activity you can do indoors

Name 5 things I can see



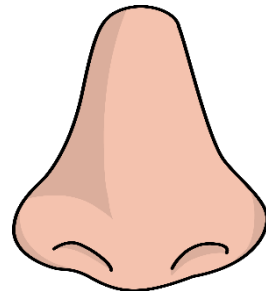
Name 4 things I can touch



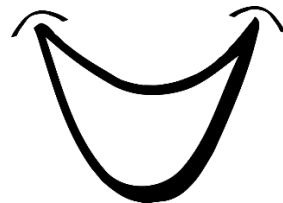
Name 3 things I can hear



Name 2 things I can smell



Name 1 thing I can taste



## Superhero breathing exercises

- **Wonder Woman:** With one hand up in the air, breath in as you spin your lasso . Breath out and throw that lasso out in front of you.



- **Hulk:** Breath in, bring your arms up to the sky. Breath out and bend your elbows, bringing your arms down as if you're flexing your arm muscles, while bending your knees.



- **Superman:** Breath in with your arms down at your sides, with your hands in fists. Breath out and bring them out in front of you as if you were flying.



## Make a coping tool box



To make you will need: any box or container and things to decorate it with.

You can then fill your box with things that make them happy, things that remind you of happy times or things to make you feel better. It can be photos, drawings, a toy, a teddy or a list of things you like to do. When you feel sad or anxious you can go to your box and find things that make you happy and remind you of happier times.

# Emotion diary

Take time this week to think about your emotional wellbeing. Draw a new emoji each day expressing how you are feeling and tell us your reasons for feeling that way.



Day

Today I felt...



Day

Today I felt...



Day

Today I felt...



Day

Today I felt...



Day

Today I felt...



Day

Today I felt...



Day

Today I felt...



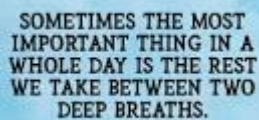
This week I mainly felt...

## For parents and carers

There are lots of websites providing help and support for parents and carers during this time.

<https://kentresiliencehub.org.uk/parent-carers/> - A Kent organisation offering support for parents.

<https://youngminds.org.uk/find-help/for-parents/> - Young minds offer support covering a range of areas for parents.



SOMETIMES THE MOST  
IMPORTANT THING IN A  
WHOLE DAY IS THE REST  
WE TAKE BETWEEN TWO  
DEEP BREATHS.



KEEP BREATHING  
everything will  
be okay



JUST BREATHE.  
You are strong enough to  
handle your challenges,  
wise enough to find  
a solution to your problems,  
and capable enough to do  
whatever needs to be done.