

Activities for children between 9-11 years old



All About Me!

My Rights and Responsibilities!

I have the right to:

- be shown respect by others
- feel safe
- be loved
- be with adults who care for me
- be given food and shelter
- be allowed time for rest and leisure.

I have the responsibility to:

- show respect for the rights of other people
- be kind to others
- be trustworthy and honest
- be responsible for my own behaviour

On a sheet of paper, design a poster all about you!

Draw a picture of yourself doing something you like!

Draw/write what you like to do, your hobbies, your favourite music, food, sport, etc!

Also include the people who are important to you in your life on the poster.

Add some of your rights and responsibilities to your poster.

Give Yourself A Big Hand!

Draw around your hand on a piece of paper.

On your fingers, write some targets for yourself;

For example; Can you be more helpful to someone?

Can you learn something new, a new skill?

Can you think of a random act of kindness?



Draw another hand, write on your hand 5 good things

about yourself, your talents, your qualities, the things that make you special.

On the other hand, write about the people who are important to you and why you care about them.

Decorate your hands and put them up where everyone can see them,
Give yourself a big hand!!

My Relaxation Recipe

What helps you to relax?

Time alone? Reading? TV? Playing with brothers and sisters? Being outside?

At the moment, we need to relax but there are not so many things that we can do! Write the perfect recipe to help you relax.



My Relaxation Recipe

Listening to my favourite music.....

| |
|--|
| |
| |
| |
| |

How To Stay Calm In A Crisis!

We all get cross at times, it is ok to feel cross sometimes, but it is not ok to feel cross all of the time.

Top Tips to staying calm!



- What will I **gain** from doing this?
- What will I **lose** from doing this?
- What will **others gain** if I do this?
- What will **others lose** if I do this?

Have a go at filling in the table below:-

If I feel cross.....

| | |
|---------------|-------------------------------|
| I WILL TRY TO | count backwards from 100 to 1 |
| I WILL TRY TO | |
| I WILL TRY TO | smile at everybody all day! |
| I WILL TRY TO | |
| I WILL TRY TO | |
| I WILL TRY TO | |
| I WILL TRY TO | |
| I WILL TRY TO | touch my toes twenty times |


Remember its ok to feel cross sometimes but;
Do talk about your feelings
Don't hurt yourself
Don't hurt others



Pet Passport

Design and create a passport for your pet. If you don't have a pet, imagine a pet you would like? How about a unicorn or a dragon!!!

Copy this design.

| | | | | | |
|---|--|--|--|--|--|
| <p>My pet</p>  | <p>How to look after my pet</p> <table border="1" data-bbox="810 920 1385 1189"><tr><td></td><td></td></tr><tr><td></td><td></td></tr></table> | | | | |
| | | | | | |
| | | | | | |

Name:
Date of birth:
Height:
Length:
Colour/markings:

1. Draw a picture of your pet.
2. Write all the details about your pet.
3. Draw 4 things you need to do to care for your pet.

Memory Bookmark

Use a long rectangular piece of card, perhaps cut up a box from your recycling?

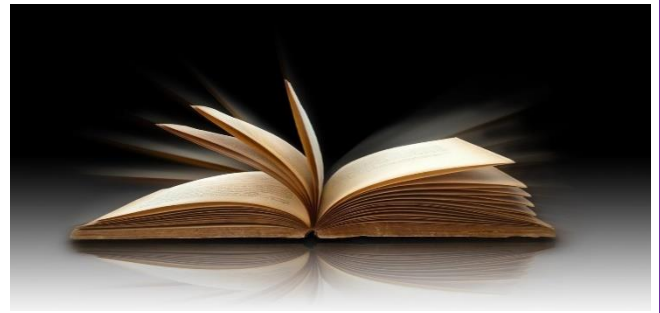
Make yourself a bookmark with some positive drawings and memories on it.

What would you like to remember most at the moment?

Think of a happy memory, perhaps doing something with your special people, perhaps a holiday when you were younger.

1. Write and draw your pictures/words onto the bookmark, colour it in so that it is eye-catching and bright!

2. Cut it out carefully and trim the edges to make it neat.
3. Keep the bookmark in the book you are reading at the moment.
4. Think happy thoughts whenever you look at it.



Building A Smiley House



What makes a smiley house?

Have a good think about the things that make you and the people who you live with happy.

Ask them and make a list of the simple things you can do together to make each other smile!

It could be telling a joke, having a hug, doing a kind act, something that costs nothing!

Choose 4 or 5 ideas and try them over the week!



Keep your home happy





Design A Robot!!



Design a robot to do all the jobs around the house! Label all the working parts on your model. While it is doing all the jobs, you can put your feet up and have a rest!

The 'I Can' Challenge

During tough times, it can be too easy to focus on things you can't do, don't have or are not. Try to spend a whole day changing 'I can't' thoughts into 'I can' thoughts, such as 'I can't go swimming' to 'I can go for a walk with my family'. If you find this too hard, you could always add 'yet' to the end of your thought e.g. 'I can't spend time outside with my friends yet'. Next time you feel you don't have control over something, change the way you think!

Instead of ...

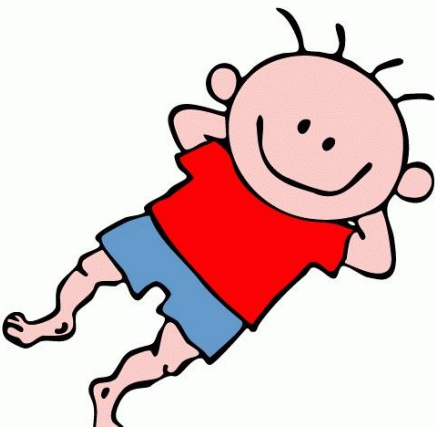


Say...



Magic Jar

Create a magical mindfulness jar using an old pasta sauce jar. Take a clean jar and fill it most of the way with water. Add glitter glue or glue and glitter (you could also add other items such as sequins) then put the lid on the jar and shake the glitter around. When you get angry or upset, shake the jar and watch the glitter swirl around. If you need to, take some slow deep breaths while you watch the glitter swirl.



Body Scan

Lay down somewhere quiet and calm. During this activity, focus on how different parts of your body feel. First, tense every muscle in your body for 10 seconds. Next, tense each muscle one at a time starting with your fingers, then move up your arms and down your body to your toes. Next, squeeze every part of your face. Afterwards, let your entire body relax. Only move when you feel totally relaxed and ready to move.

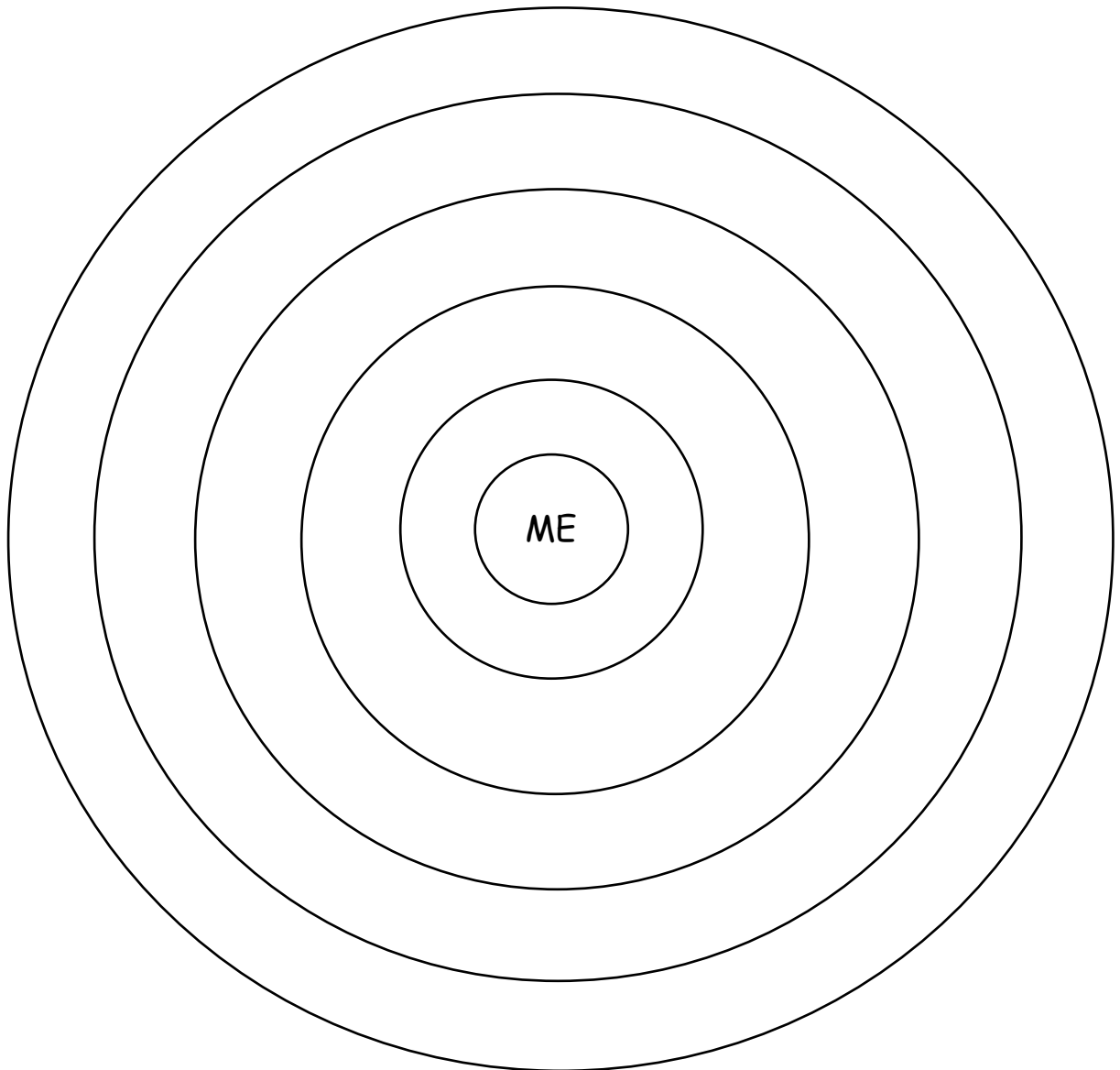
Water Race

Put a little bit of water on a spoon and have a race. You could do a lap of the room or garden then pass it on to the next player. The aim is to not spill any. You could create a prize for the winner!



My Connections

Fill this connections circle with people you feel you have close connections to. Put the people you feel closest to in the circles closest to 'ME' along with words to describe how that connection makes you feel. This circle will help you see you always have someone to talk to or connect with.



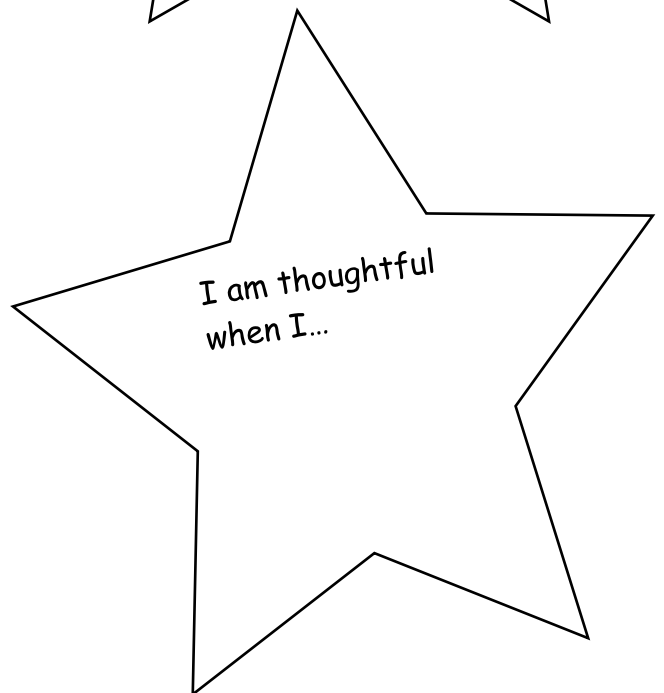
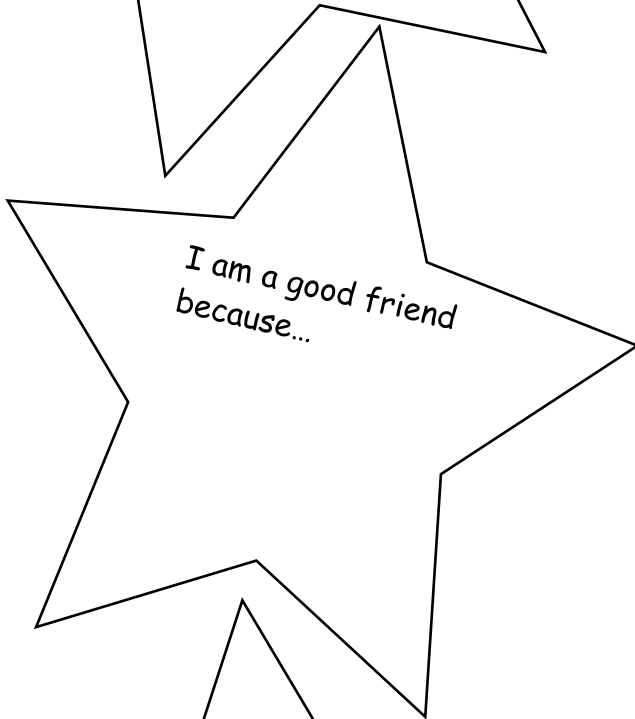
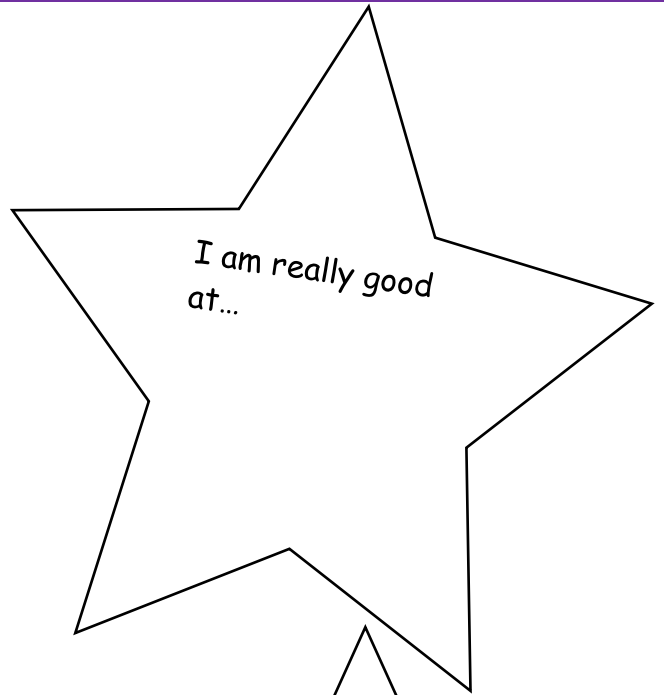
Feelings Journal

Keeping track of your feelings is very important for your mental health. Use this chart to help keep track of your feelings. If you have negative feelings, you should discuss these with a responsible adult you trust because they can help you with these.

| | | | | | |
|-----------|-----------------------|--|---------------------|------------------|-----------------------------|
| Sunday | | | | | |
| Saturday | | | | | |
| Friday | | | | | |
| Thursday | | | | | |
| Wednesday | | | | | |
| Tuesday | | | | | |
| Monday | | | | | |
| | How were you feeling? | Was it a negative or positive feeling? | What was happening? | What did you do? | What will you do next time? |



Amazing Me!

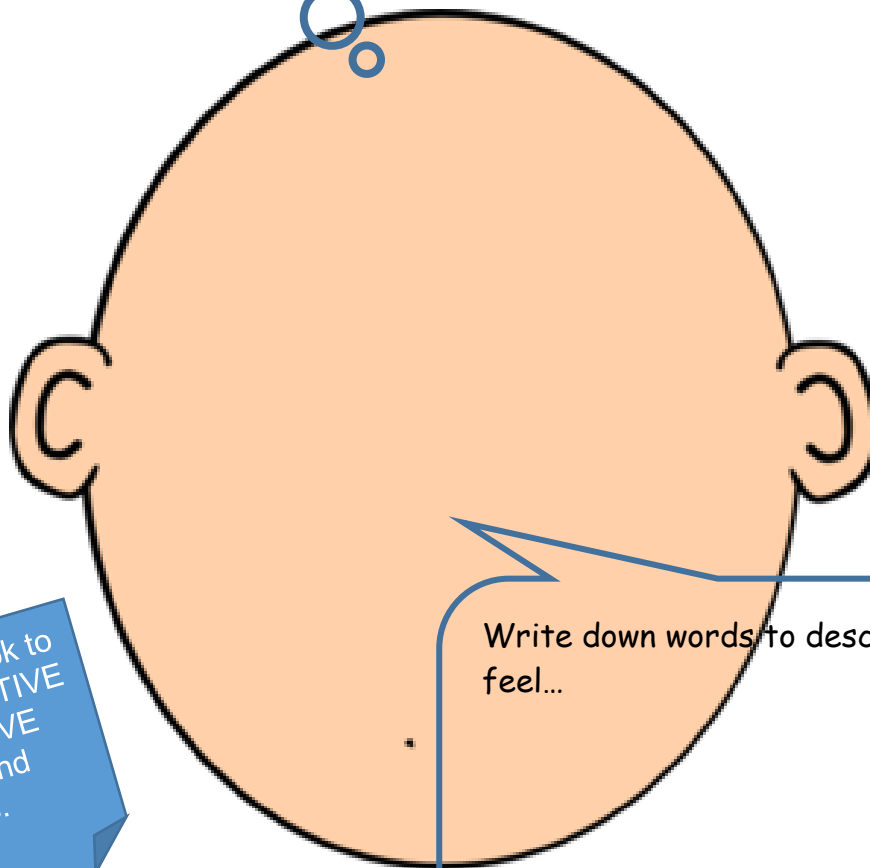


Time For Me

Sometimes in life things might happen that make us feel different and strange. When this happens, it is important to make time for yourself! Try using these exercises to help you think about how you are feeling and what you can do to help make positive changes.

What am I thinking about?

Draw how your face looks today. What expression do you have?



Write down words to describe how you feel...

Remember it is ok to have both **POSITIVE** and **NEGATIVE** thoughts and feelings.

It can help to recognise if your thoughts and feeling are **POSITIVE** or **NEGATIVE**.

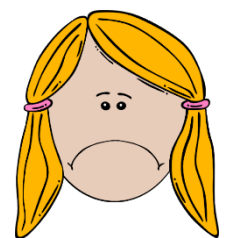
Task- Sort through the different emotions and place them in the correct box.
You may want to draw pictures too!

Sad, Happy, Afraid, Scared, Lonely, Safe, Unsafe, Worried, Excited, Calm,
Loved

POSITIVE



NEGATIVE



What Makes You Smile?



Sometimes it's easy to focus on the bad feelings and thoughts we have.

When this happens try to think about the things that make you smile.

Write down three things that make you smile...

Write a thank you card for someone that makes you smile!



My Worry Jar

TASK- Create a worry jar!

1. Find a glass or plastic jar.
2. Decorate your jar any way you'd like.
3. Choose a specific time of the day (eg. 3pm - 3:30pm) where you would like to focus on the things that are worrying you.
4. Write down your worries, or draw them, and put them in your jar.
5. You can do this on your own or with someone else if you want.
6. You can keep adding to the jar but you can also take out worries that you have already put in, to look back over.

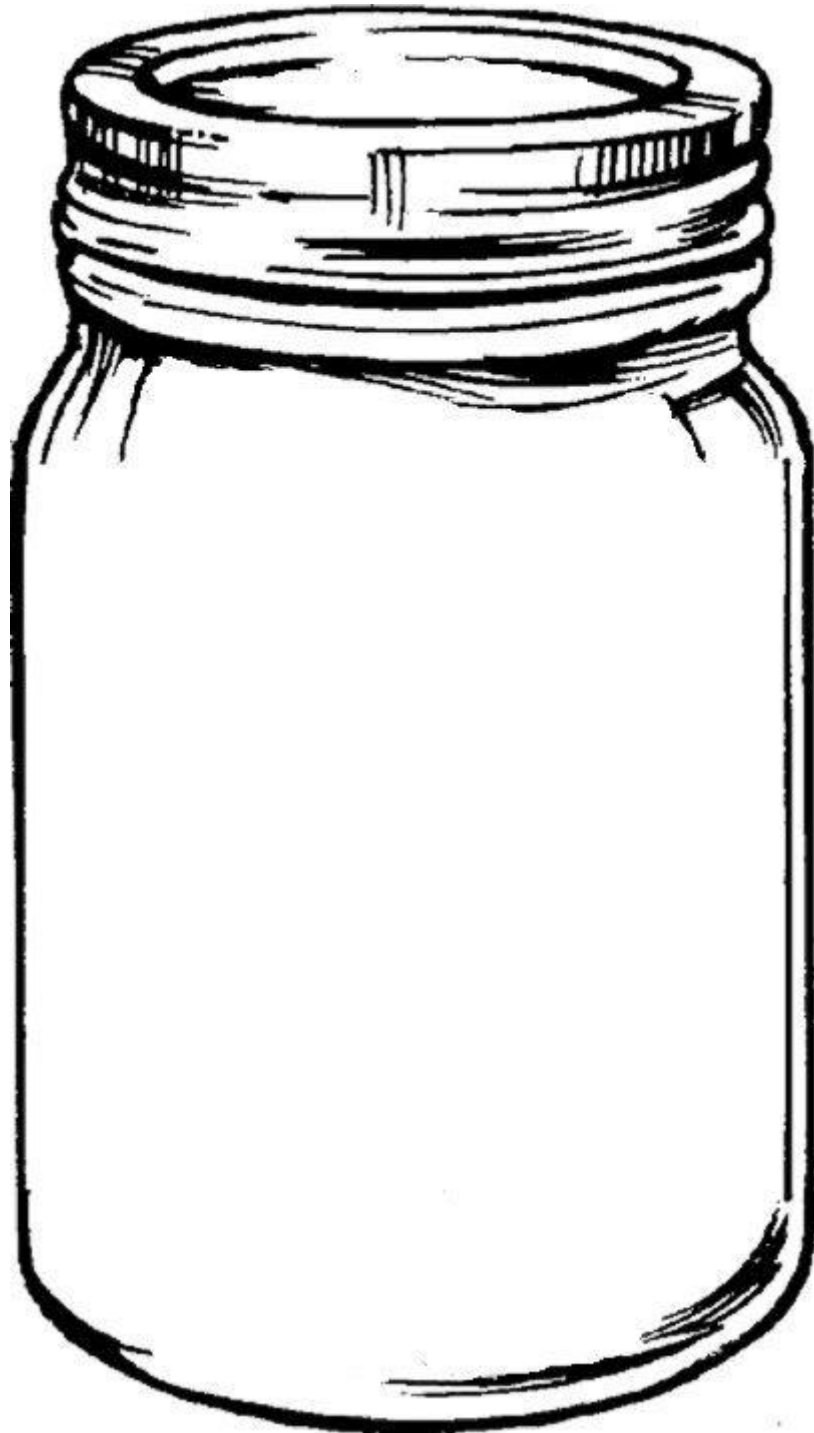


7. When your time is up, it's important to close the lid on the jar until next time.
8. When you're ready, you can share some of these worries with an adult you trust. You could ask the following questions together to help you work through your worries.

Am I able to solve the problem?
Who could help me?
Is the problem out of my control?

Don't worry if you don't have a jar. You can write your worries on the next sheet.

My Worry Jar



Online Resources

Learn about Mindfulness

<https://youtu.be/QTsUEOUaWpY>

Watch Videos to Practice Mindfulness

https://youtu.be/bRkILioT_NA

Nail This Motivational Dance

<https://youtu.be/Zmbvj3tIXUc>

Try Harry Potter Yoga

<https://youtu.be/R-BS87NTV5I>

Or Try Normal Yoga

<https://youtu.be/4ZpkRAcgws4>

Online Classes

If you are looking for a schedule to keep everyone entertained, have a try of the following options. Please note, these times are just release times and most can be watched at other times.

9.00am - PE with Joe Wicks - Available every weekday on YouTube

<https://www.youtube.com/user/thebodycoach1>

10.00am - Maths with Carol Vorderman - Free during Coronavirus outbreak

<https://www.themathsfactor.com>

OR

10.00am - Science with Connie Huq - Available every Monday, Wednesday and Friday on YouTube

<https://www.youtube.com/channel/UCDlSobQTc4IifJEU6Lt22eA>

OR

10.00am - Music with Myleene Klass - Available every Friday on YouTube

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

11.00am - Reading with David Walliams - Available every weekday on his website



<https://www.worldofdavidwalliams.com/elevenses/>

OR

11.00am - Nature with Cbeebies favourite Maddie Moate and BBC science journalist Greg Foot - Available every weekday on YouTube

<https://www.youtube.com/user/maddiemoate>

11.30am - Dance with Oti Mabuse - Available every week day on YouTube

<https://www.youtube.com/user/mosetsanagape>

1.30pm - Dance with Darcy Bussell - Available every weekday on her Facebook page

<https://www.facebook.com/diversedancemix/>

3.00pm - Music Concert by Nick Cope - Available on YouTube and Facebook

<https://www.youtube.com/channel/UChswfhkdahDSsJBHew8sOUg>

4.00pm - Cooking with Theo Michaels - Available every Monday, Wednesday and Friday on Theo Michaels Instagram

<https://www.instagram.com/theocooks/>

