

Activities for children between 9-11 years old



The Wall of Fame!

Celebrating My Success!

Things I have achieved over the years

At home, in school, hobbies, etc.

I am proud of myself because:

Things I have done? Even small things are important

like random acts of kindness.

How has life in lockdown changed me for the better?

Have I learnt anything new? Have I been able to ,help

people, family, neighbours? Fundraising? Clapping for

the NHS?



Famous Figures from the Past!



Think of a figure
you would like
to meet from the
past?

What would you
ask them?
What would you
want to find out
about them?

What was life like
when they were
alive?
Where did they
live?

What amazing,
life changing
things did they
do?

Write a list of all the things you would like to find out about this person.
Do some research, online or using books, or ask an adult and see what you can
learn about them.

How to adapt to change!

Change can be difficult at first, remember you have already got used to a change and have stayed in, soon it will be time to go out, you can do it again!!

Think about the following questions and make some notes.

Do you have a routine? What is it?

Where is your safe place? It will still be there.

What makes you happy?

Who can you talk to if you feel down?

What are you looking forward to? When things change there will be more to do!



Quick Crafty Activities



Use old toilet rolls to create something arty, Make an animal, or a pencil holder!



Track the path of the sun across your garden.... Where does it go to and from?

Chalk a compass on the wall or the paving stones to show north, south, east and west!

Make a collage using old papers or magazines, then cut it up to make a jigsaw for someone in your family.

Have a bubble battle.
Make bubbles using washing up liquid if you don't have your own tub. Don't forget to ask first!

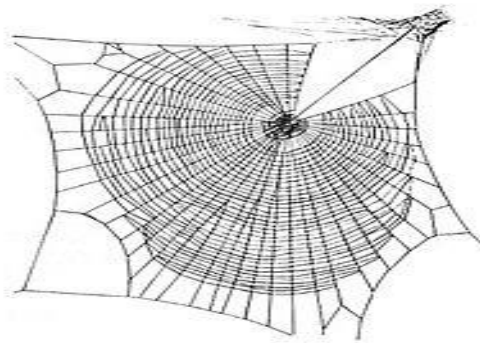
What can you blow bubbles with? Look for safe items around the house, straws, forks, a comb, pipe cleaners.



Sticky Spiders Web Target!

Find some sticky tape, or masking tape or parcel tape!

Stick across the top of a door in the pattern of a spider's web. Criss-cross it down the top half of the door to make it look like the different strands of silk.

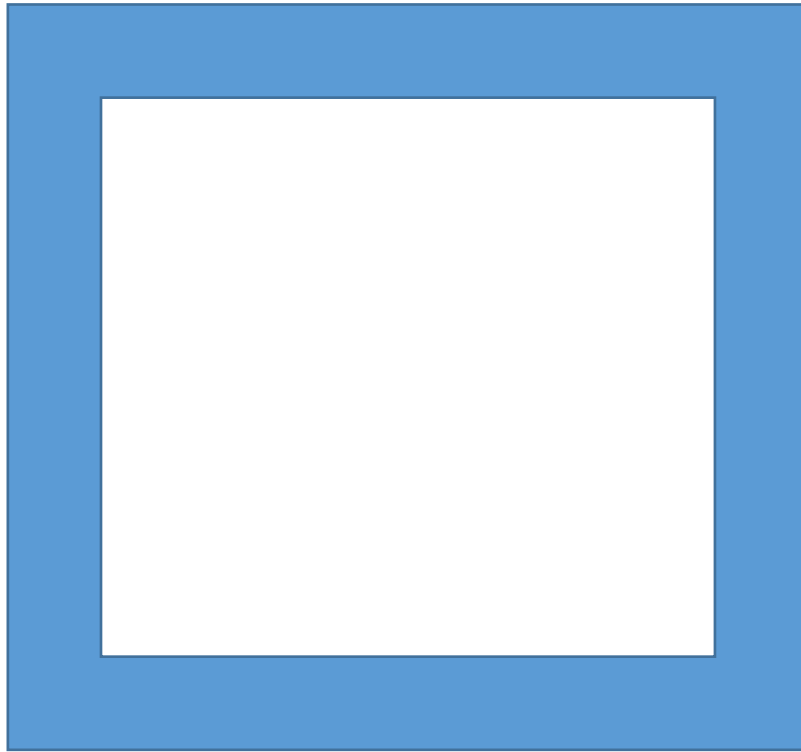


Scrunch up some newspaper to make little balls, can you aim and throw them into the web?



Character Study

Choose a character from a book or TV programme that you admire.



Draw them in the frame above.

Which character have you chosen?

Which book are they from.

What are their character traits?

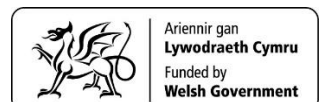
What happens to them in the story?

Why do you admire them?

My Worries

When we come out of lockdown, the world may seem a little different that it was before lockdown with new rules and restrictions in place. This can be quite worrying for some people. Take the time to write down some of your worries around the people below. Afterwards, either on your own or with an adult you trust, write down some things you can do about your worries.

The worksheet is designed for children to write down their worries. It features a central illustration of a boy and a girl looking confused, with question marks above their heads. Surrounding them are four large, empty thought bubbles, each connected to a corresponding empty rectangular box for writing. The layout is symmetrical, with two bubbles and boxes on the left and two on the right.



Positive Thinking!

It can be easy to focus on the things you can't do, don't have or are not. In this activity, you are going to focus on the things you are, things you can do and things you have because changing how you see things around you changes how you feel inside.

I can...

I have...

I am...



Feelings Seesaw

Emotions and feelings can go up and down; one moment you're happy, the next you feel disappointed. This can feel like you are sat on a seesaw going up and down with each switch of feeling. When you go down on your feelings seesaw, you should have a plan on how to make yourself feel better. Answer the questions to help you understand how your feelings seesaw works.

What brings you down?

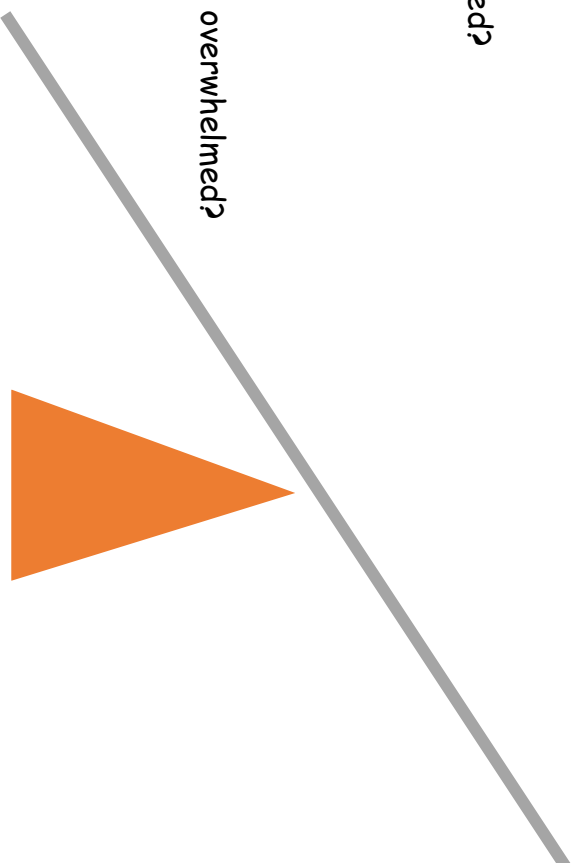
What makes you feel happy?

What makes you feel stressed?

Who helps you feel better?

What happens when you feel overwhelmed?

What do you do to relax?



Self-Care Bingo

Play this game with the people you live with. Each time you do one of these activities put a dot on the square with your colour. Decide with an adult what should happen if you get a line or even a full house (every box)!

Go for a walk	Draw or colour a picture	Write a list of things you are grateful for	Plant or water some flowers or plants
Practice breathing slowly	Write a 'thank you' note for someone special	Do an online yoga class	Create a healthy meal or snack
Read a book for 30 minutes	Do a workout	Have a foot spa with a bucket and some bubble bath	Drink 5 cups of water
Dance to your favourite song	Do something nice for someone	Take time to enjoy a hot drink	Talk to someone about things you worry about



Positivity Word Search

l	b	i	m	p	r	o	v	e	m	i	t
u	e	q	b	e	k	l	g	n	d	w	r
f	l	l	p	k	d	n	a	s	r	i	u
e	i	r	f	f	e	a	r	l	e	s	s
t	e	e	r	l	r	i	s	k	a	e	t
a	v	d	l	e	a	r	n	a	m	p	b
r	e	a	c	c	o	m	p	l	i	s	h
g	h	e	g	p	e	r	s	i	s	t	c
c	l	l	i	s	s	e	n	d	n	i	k

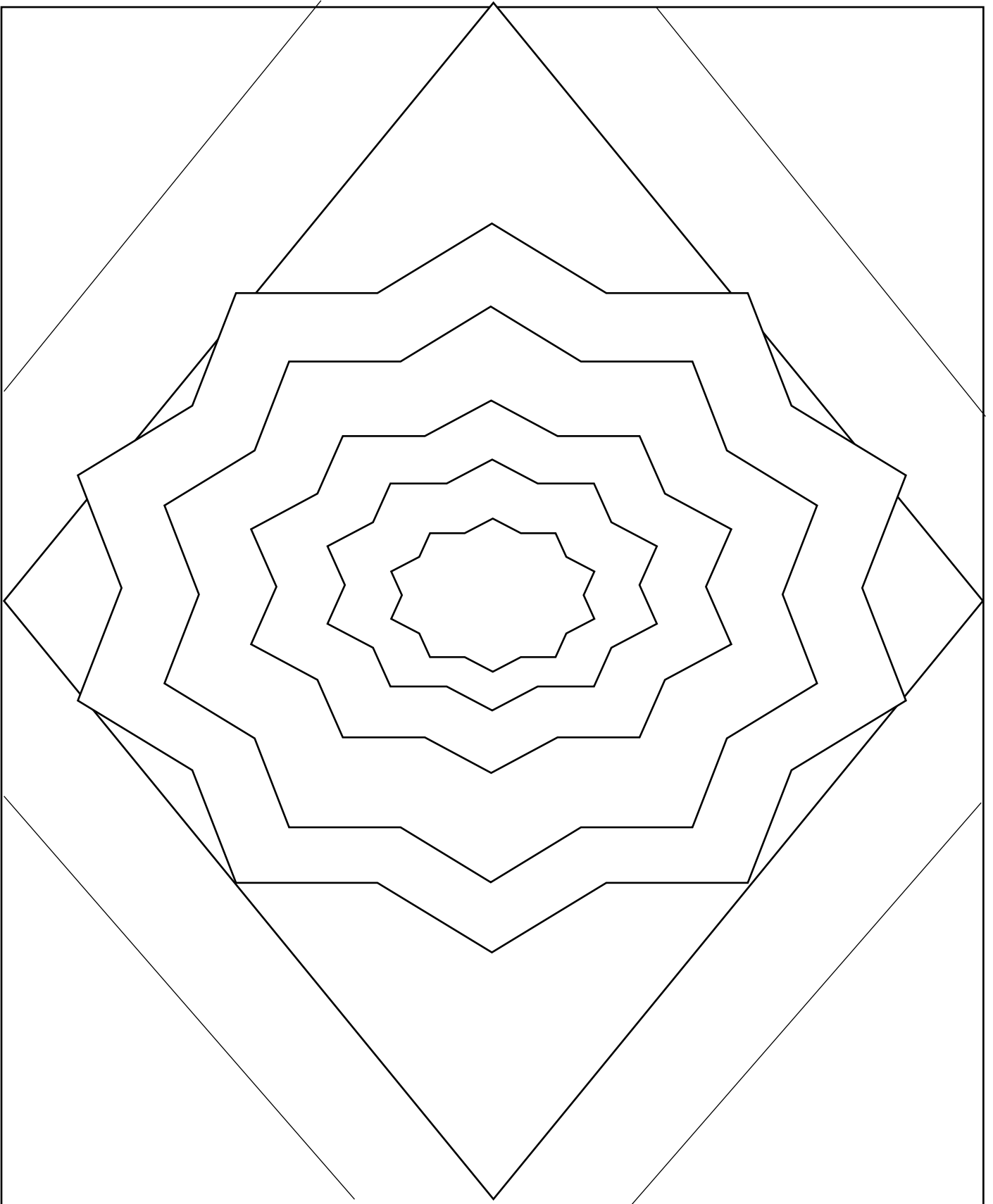
Accomplish
Believe
Challenge
Dream
Fearless

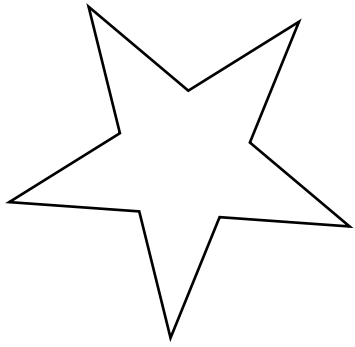
Grateful
Improve
Kindness
Leader
Learn

Persist
Risk
Trust
Time
Wise

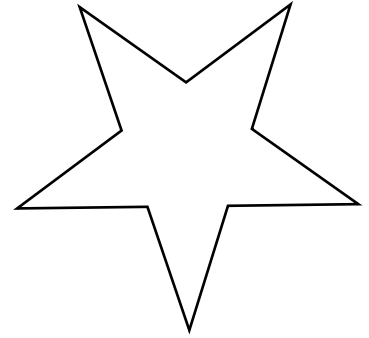


Mindful Colouring





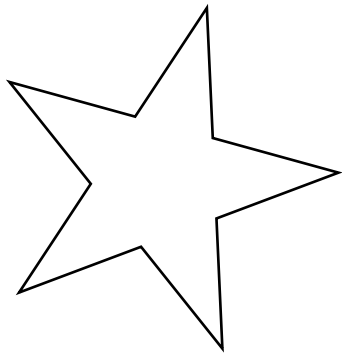
Believe



you can

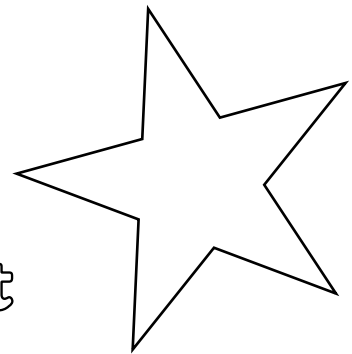
and

you're halfway



there

-T. Roosevelt



You're

BRAVER

than you believe,

STRONGER

than you seem and

SMARTER

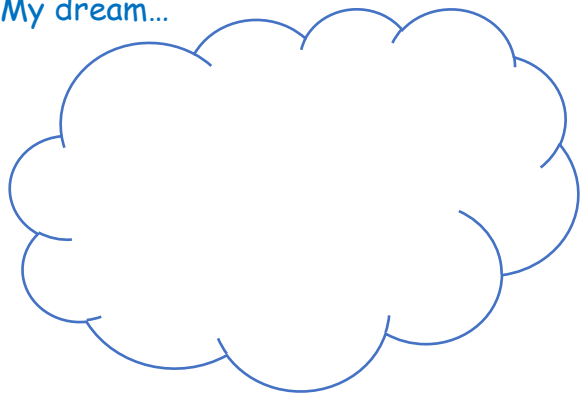
than you think

-A.A. Milne

Dream Planner

It can be hard to see how you can achieve your dreams and goals when you feel limited in your plans or options. Use the dream planner below to help you plan how to achieve your dreams and goals.

My dream...



The steps I need to take...

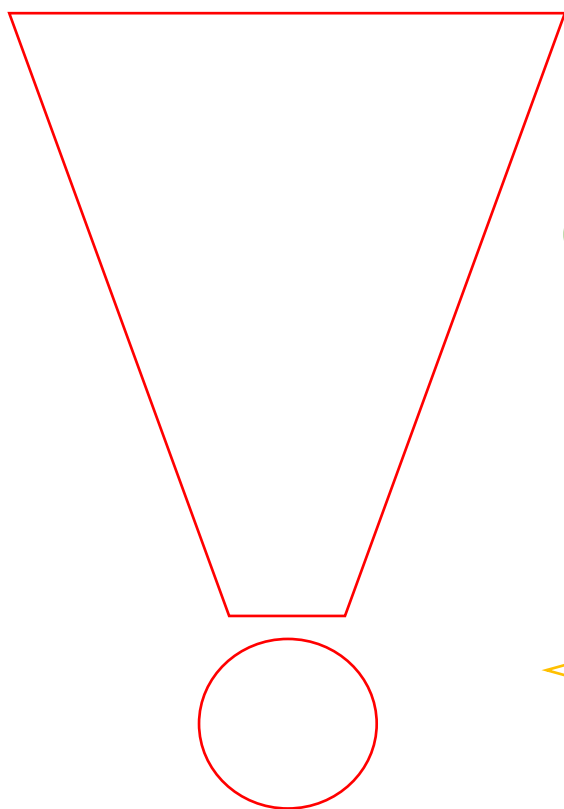
1. _____

2. _____

3. _____

4. _____

If something goes wrong, I will say/do...



I will know I have achieved my dream when...



Window Poster

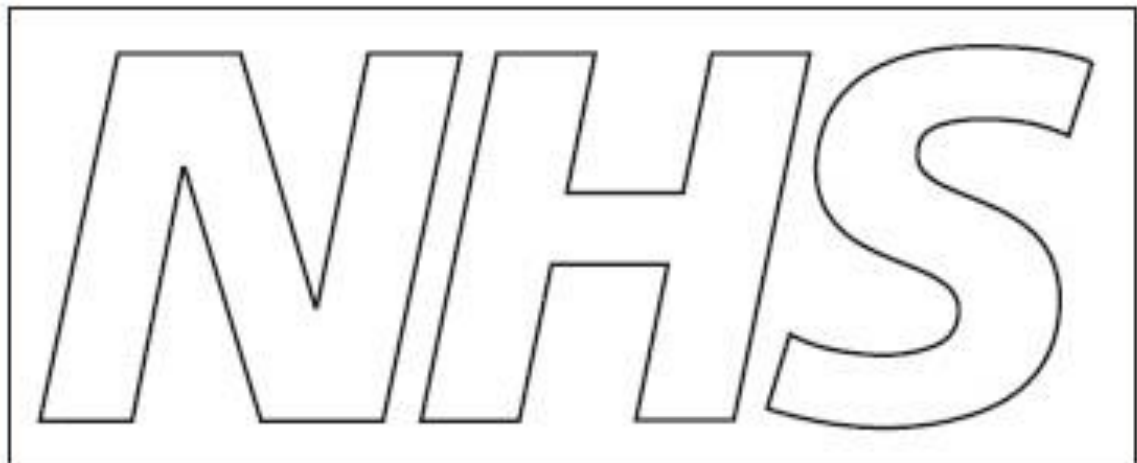
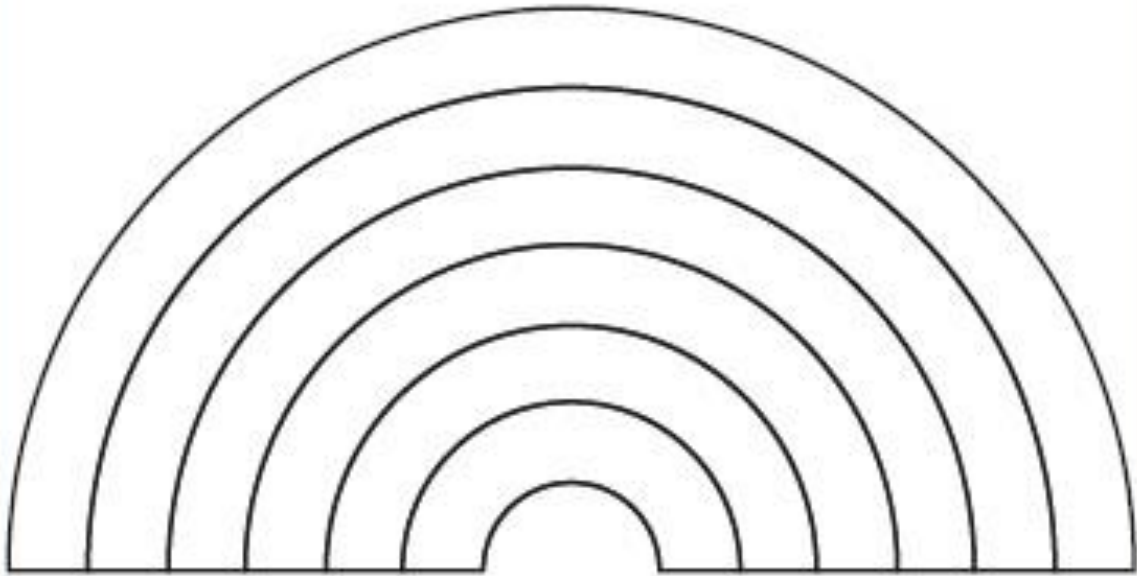
Design a poster that you can display in your window. You may want to show your thanks to people like, the NHS or careworkers. Or, you could simply draw a nice picture and try to include a positive message.

Here are some examples and a template for you to colour in if you'd like...



Poster Check List

- ✓ My poster is brightly coloured
- ✓ I have included drawings
- ✓ The message on the poster is clear
- ✓ I have used positive words



Stay at Home
Protect the NHS
Save Lives



Paper Plate Dream Catcher



It might seem like coming out of lockdown is a long way off but it can be nice to dream about what life might be like when things start going back to 'normal'.

Create your own paper plate Dream Catcher to help you!

You will need:

A paper plate (or piece of card)

Scissors

String, wool or ribbon

Coloured pencils or felts

Feather and beads (optional)

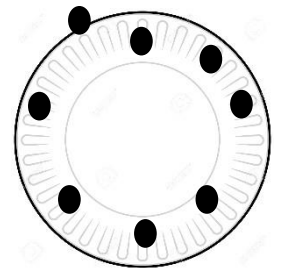
Glue/ celotape

How to:

Step One

Begin by cutting out a circle from the centre of your paper plate. Keep this to one side as you will use it later.

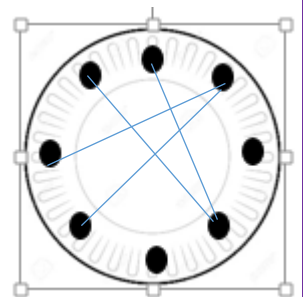
Make small holes around the rim of your paper plate. Try to spread them out evenly. You can use a hole punch to do this, if you have one, or you can use a sharp pencil.



Step Two

Thread the wool through the holes around the edge of the dream catcher. Thread the wool sideways, upwards and diagonal to make a web-like appearance. You can use different coloured pieces of wool if you have it.

Once you have threaded the wool you need to tie it in a secure knot at the back of your dream catcher.



Step Three

Cut out three feather shapes from the inner circle of the paper plate that you have left over.

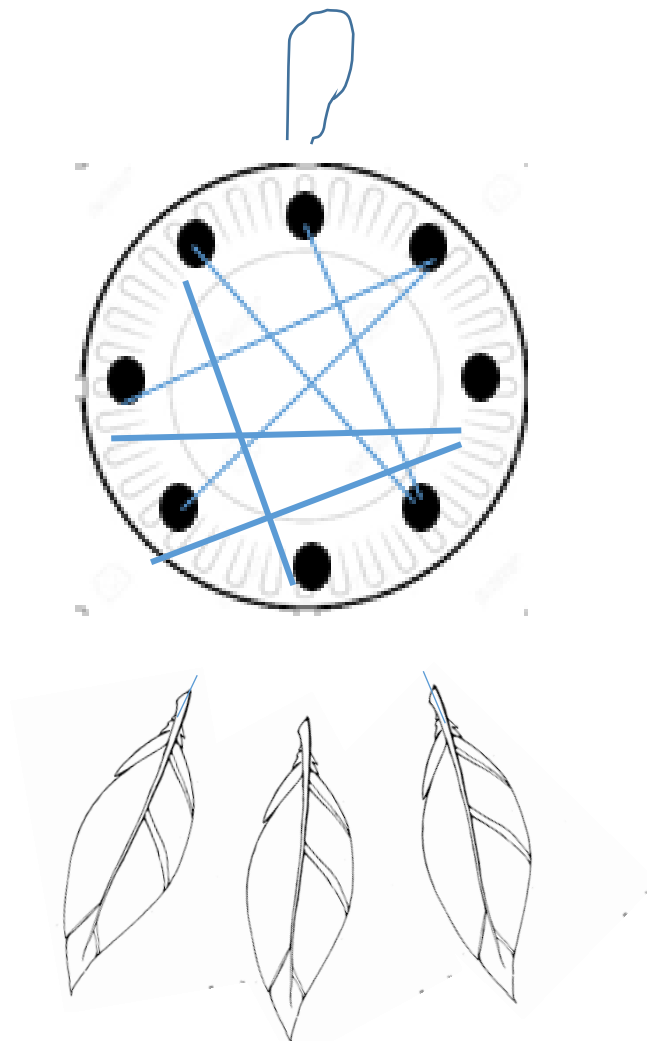
In each feather write down one of your dreams for how things will be when lockdown is over.

Glue or celotape your feathers to the back of your paper plate, so that they hang down at the bottom.

Step Four

You can now decorate your dream acatcher anyway you'd like. You may want to colour it in or even add some glitter and stickers.

To hang your Dreamcatcher tie a piece of wool around the top.



Social Media - Staying Safe

Social media can be a great way to keep you in touch with friends and family, especially during 'Lockdown'!

However, it is really important to remember to STAY SAFE when you are online.

Below are some funfacts about different apps that a lot of children use. Draw a line to match up the facts up to the correct app logos. The first one has been done for you.

(You can check your answers on www.net-aware.org.uk)



- (Formerly called Musical.ly) it is a social media platform that lets you create, share and discover 60 second videos.
- Official age rating 13+



- A social media site and app that lets you post messages called tweets. These can be up to 280 characters long.
- Official age rating 13+



- A social network which lets you connect with others and share things like comments, photos and videos through your own profile page.
- Official age rating 13+



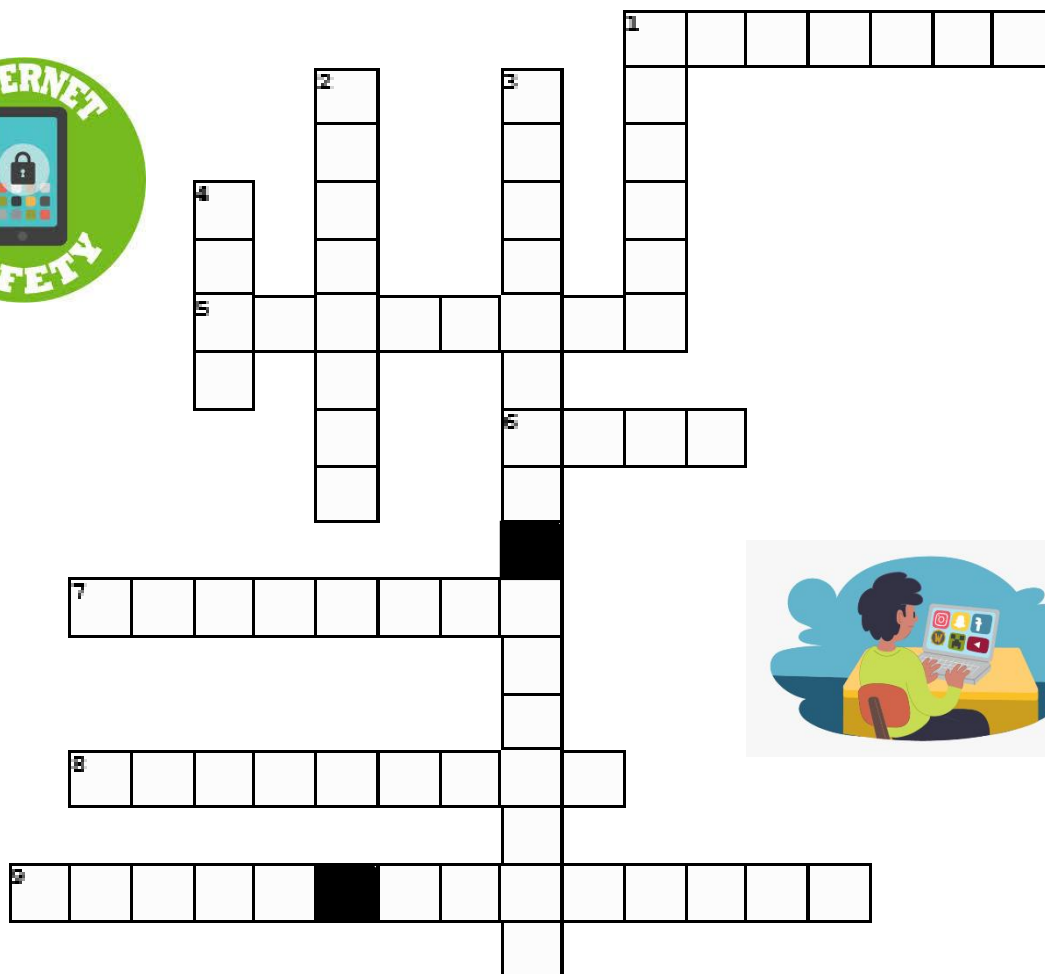
- Share lots of picture and follow your friends, family, celebrities and companies on this app. It also has a live streaming feature.
- Official age rating 13+



- The Stories feature lets you share Snaps in a sequence for up to 24 hours.
- Official age rating 13+



Online Safety Crossword



Across

1. You can use this to send a tweet or add a # (7)
5. This website allows you to create your own profile, where you can share images update your status.(8)
6. This is the short for the word 'Application', another word for a computer program.(3)
7. You will need to set one of these and enter it to get on to lots of apps.(8)
8. This is a free, online photo-sharing app.(9)

9. This term is used to describe people being mean to you online. (5,8)

Down

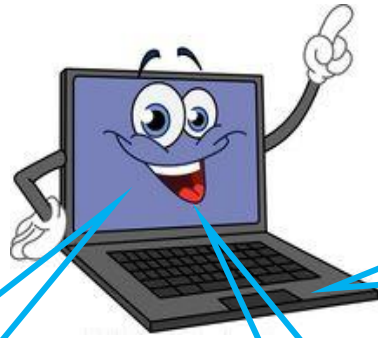
1. On this app you can create, share and discover short music videos. (6)
2. With this you can add funny images to your face and share them with your friends (8)
3. Do not give any of this information out online.(8,7)
4. It is important to keep (BLANK) when you are using social media. (4)

Answers on the last page!



Internet Safety

Here are some 'Top Tips' to staying **SAFE** online.....



Don't give out any personal information eg:
Full name,
email address
or phone

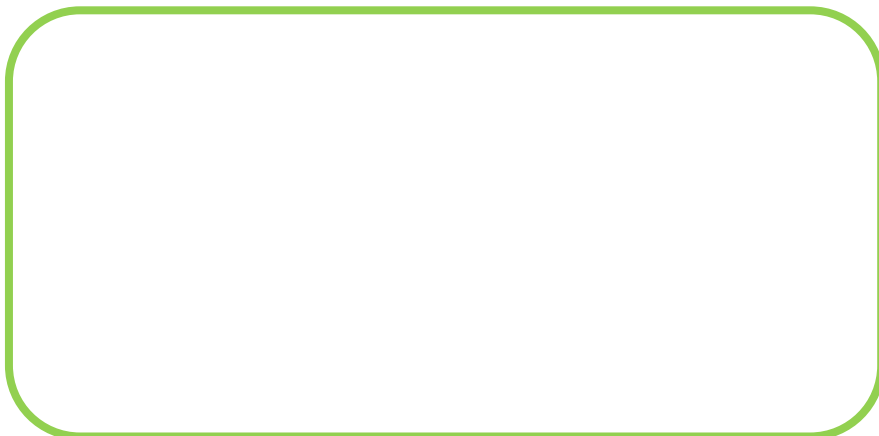
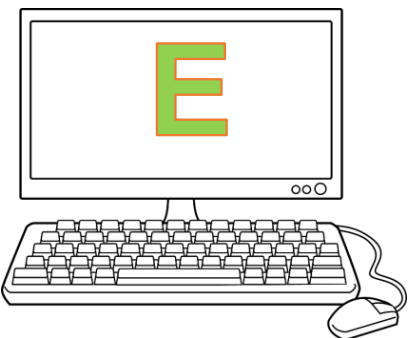
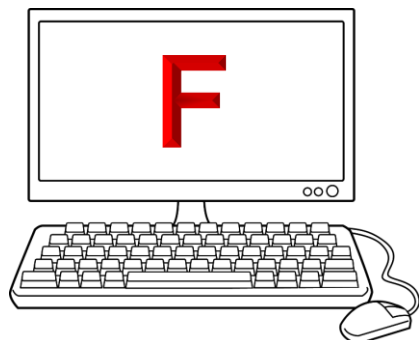
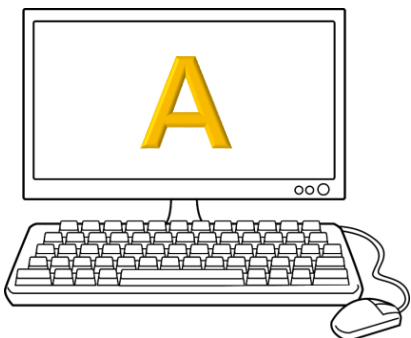
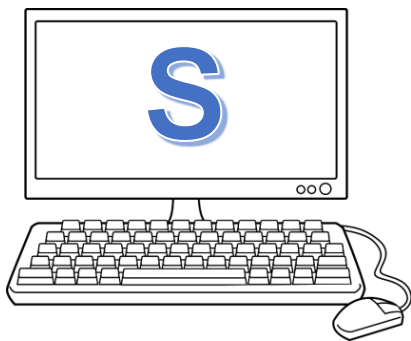
Never send your picture or agree to meet up with anyone.

Tell a grown up if something doesn't seem right or if someone is

Try and use the information that you have gathered about staying safe online and create your own acrostic poem about being **SAFE**!

In an acrostic poem, the first letter of each line spells a word. The word is the subject of the poem.





Online Resources

Learn More about Online Safety

www.thinkyouknow.co.uk

www.net-aware.org.uk

Understand More about Keeping Children Safe on Social Media (Facebook, Twitter, Instagram, Snapchat and TikTok)

<https://www.barnardos.org.uk/sites/default/files/uploads/social%20media%20cheat%20sheet.pdf>

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

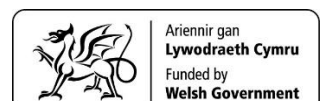
If you are looking for a schedule to keep everyone entertained, have a try of the following options. Please note, these times are just release times and most can be watched at other times.

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/UCDISobQTc4IifJEU6Lt22eA>

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/>

Crossword Answers

Across

1. Twitter 5. Facebook 6. App 7. Password 8. Instagram 9. Cyber Bullying

Down

1. TikTok 2. Snapchat 3. Personal Details 4. Safe

