

Every week, we will send different activities that will support you and your children.

wc 4<sup>th</sup> May 2020



# Mindfulness Activities

## 1. Strategy Plan

The 'MY COPE-CAKE' worksheet is a black and white line drawing of a cupcake with a cherry on top. To the right of the cupcake is a form with the title 'MY COPE-CAKE' in large, bold letters. Below the title are four sections for writing: 'Things that help us feel calm', 'Places where I feel calm & safe', 'I am', and 'Positive thoughts'. At the bottom left of the cupcake, it says 'People who help me'. At the bottom right, there is a small logo and the website 'www.nhs.uk/mentalhealth'.

Things that help us feel calm:

Places where I feel calm & safe:

I am:

Positive thoughts:

People who help me:

[www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## 2. Breathing Exercises

Two cards for breathing exercises. The first card is titled 'BREATHE IN' and features a drawing of a daisy flower. The text says 'Breathe in and pretend you are smelling a flower.' The second card is titled 'BREATHE OUT' and features a drawing of a green leaf. The text says 'Breathe out and pretend you are blowing a leaf.'

An infographic titled 'The 5-4-3-2-1 Coping Technique'. It is a 2x2 grid of colored boxes. The top-left box (red) shows an eye icon and says '5 things you can see'. The top-right box (blue) shows a hand pointing icon and says '4 things you can touch'. The bottom-left box (yellow) shows an ear icon and says '3 things you can hear'. The bottom-right box (orange) shows a tongue sticking out icon and says '2 things you can taste'. At the bottom, it says '1 thing you can smell'.

## 3. Grounding Exercise



Use your finger to slowly draw the shape of the star following the instructions you go

Do you know of any others you can share with your friends or with the community?

Ask an adult to share them to #familiestoolkit!

# Learning

The schools will share resources with you to help you with your learning whilst we are away from the school. Don't forget that lots of schools have online learning platforms so use these!



There are many resources to be found on this link, for all school ages and SEND needs:

<https://chatterpack.net/blogs/blog/resources-list-for-home-learning>

This link is updated regularly so keep checking!

Have a look here too:



