



HOME ACTIVITIES

We have compiled a range of resources aimed to help support our children's emotional health and wellbeing. Please feel free to complete some of these with your children. If you have any other suggestions please let us know. We are all in this together and we aim to support you and our children in any way that we can.

- Have a weekly assembly at home where your family write certificates for each other stating what they have done to make you proud.
 - Mindfulness activities are available online and can calm and offer reflection time.
 - Memory Jars – write down any nice memories you have and put them in a jar.
 - Whenever you are feeling down or angry take one out and reminisce on good times.
 - Create a family time capsule with special activities of special things you have done.
 - Create a Worry Box at home or have a worry monster where children can write/discuss their worries with you.
 - Create a 'kindness calendar' with your family and choose something kind/thoughtful you can do each day. These can be small things such as leaving notes for family members, or telling everyone in your family how much you love them.
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