

Home Learning Information Wellbeing Activities



It's easy to focus on what we've missed out on during lockdown, but you can encourage your child to think of positive things they've done as well. They can use the image below to write or draw things they have achieved during the lockdown, whether big or small. Use the suggestions below for some ideas. If they are back at school, they could share this with their teacher and classmates.

<https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Lockdown%20reflection.pdf>



Bubble breaths

Imagine you are blowing the biggest bubble ever! Take in a breath and imagine you have a pot of bubble liquid. Slowly and gently blow bubbles into the room. Do you feel better?

Take a selfie

Take a selfie and write down 5 great things about you.

Make a playlist

Everyone in your family picks an uplifting song. Then send the finished playlist to everyone so they can play it during the day. Use the link below for some ideas!

<https://youngminds.org.uk/media/3217/helloyellow-playlist.pdf>