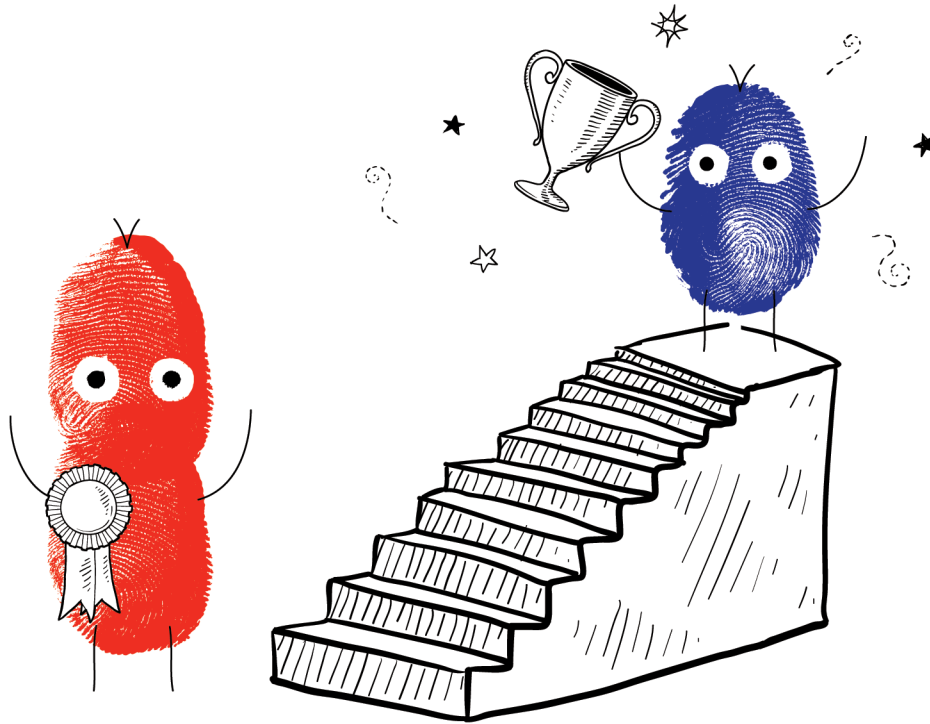


Activity Card



- The activities are designed for small group work.
- The idea is to deliver one activity per day.
- Many of the activities can be planned as part of a circle time.

Strand: Building my self esteem

Statement: I can let go of difficult feelings and engage in something that makes me feel better **Stage:** 3

Key vocabulary to develop:

Letting go
Engage

What do those feelings feel like in our bodies?:

Ask the children to describe the feelings in their bodies

What feelings might we talk about?:

Relief
Comfort

What strategies might be developed?:

Using the ways that help me feel more relaxed and calm

Activities

Activity 1: Introduction

Explain to the children that these activities are designed to help them let go of difficult feelings and move on from them. Talk about the feelings they might have about this; can they think about how they might experience these feelings in their bodies? Explain the key vocabulary and make sure they understand the meaning of the words. Introduce the strategy you want them to develop.

Activity 2: Holding On & Letting Go

You will need: paper and colouring pens/pencils

Instruct the children to trace around their hands, one next to the other. One hand should be titled 'holding on' and the other 'letting go'. Inside their 'holding on' hand, the children should write, draw and colour, all of the feelings that we should hold onto (pride, happiness etc). In their 'letting go' hand, have the children repeat the activity but for all of the difficult feelings that we should try to let go of. Whilst creating, open up a conversation about ways in which we can let go of these difficult feelings. Examples might be: finding something different to do, speaking to a teacher or forgiving someone.

Activity 3: Balloons

You will need: balloons, paper and pens

Before your session with the children, fill each balloon with a small piece of paper that has a suggested way of moving on from a difficult feeling written on it. Examples could include: colouring in, deep breathing, counting to 10, playing a game I enjoy etc. Blow all of the balloons up and tie them with an elastic band. When the children enter the space, instruct them to each choose a balloon. They should carefully write a difficult feeling on to their balloon or, draw a picture of a difficult feeling. Next, have the children line up. One at a time, they declare their difficult feeling and take the elastic band off, allowing the balloon to deflate across the room. They should collect their balloon and find your hidden message inside. Share the message with the rest of the group.

Activity 4: Scribbles

You will need: paper and colouring pens/pencils

Encourage the children to think about a feeling they are holding onto or have been holding onto that week. To help them think about this, discuss things like playground fall outs, getting an answer wrong in class, being told off etc. When they have thought of a feeling and the reason behind the feeling, have them write it down in big letters in the centre of their paper. Then, using lots of different colours, instruct the children to cover the feeling in lots of words and pictures that represent the ways in which they could begin to move on. Some of this can just be colourful scribbles!

Activity 5: Reflection

Spend some time talking with the children about their experience of thinking about moving on from difficult feelings. Was anything difficult for them? How did they feel? Can they name any ways in which they can move on from tricky feelings? Can the children remember the key vocabulary and the meaning of the words?