

Ideas for children in isolation:

- Play calming music
- Yoga
- Discuss how you are feeling and why
- Blowing feathers/bubbles
- Make a stress ball (balloons, rice/talc) draw on a face
- Make a sensory bottle (mouth wash bottle, oil, water and food colouring)
- Draw/paint you happy place
- Make worry dolls (pegs, small pieces of cloth, wool - for clothes)
- Exercise/dancing
- Balloon keepy uppies
- Write a diary which we could all share when we return to school

There is also an ELSA website which has free resources;

<https://www.elsa-support.co.uk/category/freeresources>

More ideas for children in isolation:

- Simon says (keeps focus)
- Positive chain links (paper chain) – write on a strip of paper happy/joyful moments of the day, link together – how long can you make the chain?
- What have I changed? – one person leaves the room makes a small change to themselves, returns for others to guess.
- Decorate a box, make a list/fill it with items that you like/enjoy/make you happy.
- What about a time capsule!
- 'Positive me' cloud (template attached) – photo/self-portrait in cloud, attach strips of coloured paper with positive words describing yourself.



- Fill a tray with a few small items, study for a while then cover – how many items can you remember? Could increase items/ takes one away (what's missing?)
- Draw someone sitting opposite you – without looking at the paper, concentrate just on your partners face.
- Design a T-shirt for the NHS (template attached).
- Choose a feeling, express on your face, others to guess feeling.
- Mirror image – stand opposite another person, one takes the lead the other copies – can you guess who is leading?

Keep smiling,

Miss Donna



