

Highcliffe St Mark
KS1 and EYFS children
Staying at home



In the last few weeks, our lives have changed a lot. We were in school with our friends and suddenly, we were all asked to stay at home.

At the moment, there is a lot of worry around because of Covid 19. Having some worry can be really good because it keeps us safe, but when we have lots of worry, it can make us feel bad and make it hard for us to know how to handle our feelings.

This is normal and you are not alone. If you are feeling worried or scared, you may find it helpful to try some of the activities in this booklet.

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
<p>Sick Sad Tired Bored Moving Slowly</p>	<p>Happy Calm Good to Go Focused Ready to Learn</p>	<p>Frustrated Worried Silly/Wiggly Anxious Excited</p>	<p>Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space</p>

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**Colour or tick all the feelings you have had over the last week.
Which zones have you been in?**

When we are happy and relaxed, our body works fine. But when our brain thinks we are in danger, it sends messages all over our body to get ready to run away from the danger, fight and be ready to meet the danger or freeze, which means we get stuck to the spot. This is a good thing when we want to hide!

All these big feelings are really normal - but know we need to know what to do when we feel these emotions!

If You're



and You Know It...



ANGRY

1. Walk away
2. Take 10 deep breaths
3. Drink water
4. Count how many things you see that are red

Sad



1. Take 5 deep breaths
2. Sing a song in your head
3. Count how many things you see that are blue
4. Write about how you feel



SCARED

1. Take 5 deep breaths
2. Recall a happy memory
3. Count how many things you see that are purple
4. Draw a picture



Happy

That's wonderful!
Keep up the good work!

How Are You Feeling Today?



Exhausted



Confused



Ecstatic



Guilty



Suspicious



Angry



Hysterical



Frustrated



Sad



Confident



Embarrassed



Happy



Mischievous



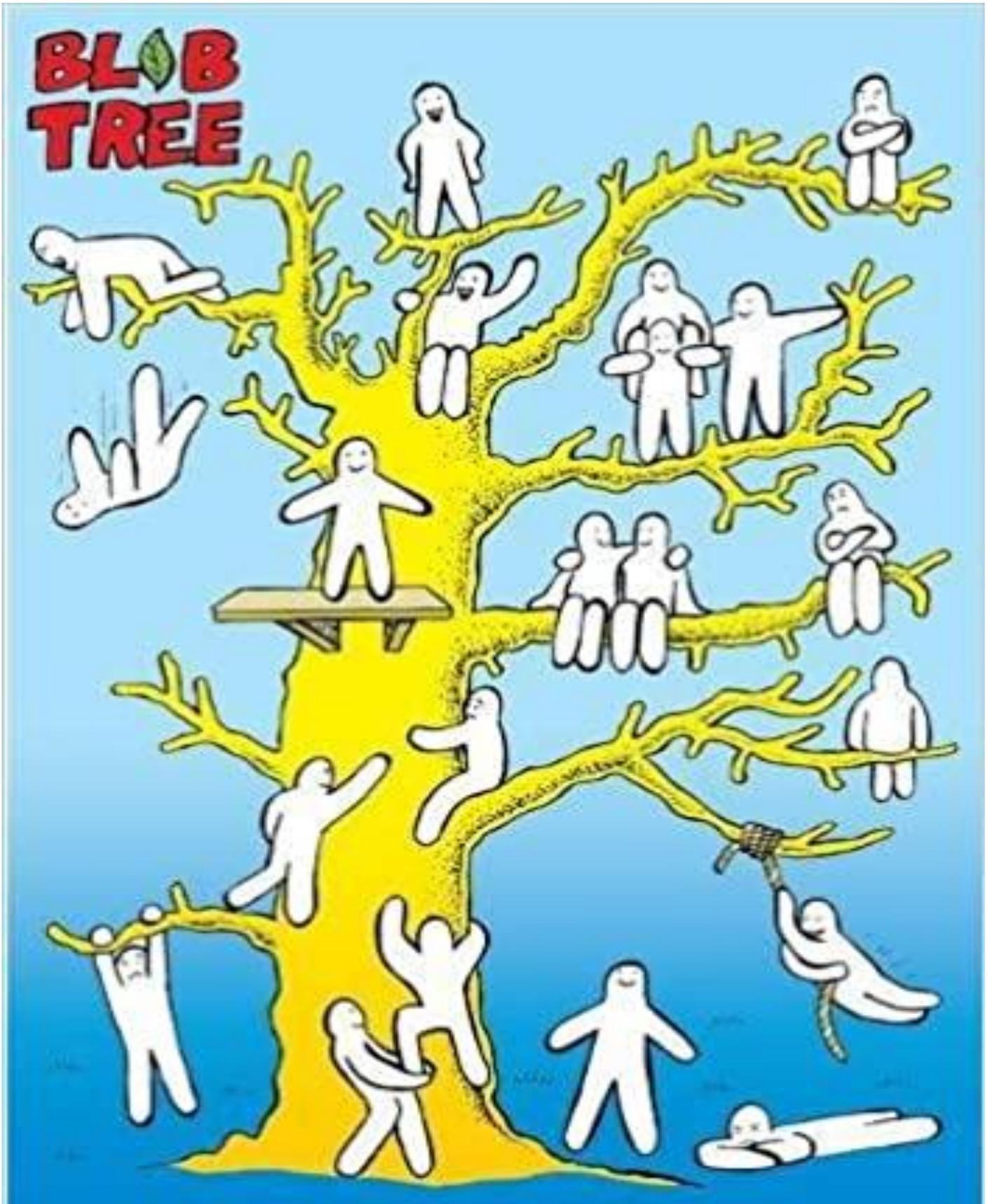
Disgusted



Frightened

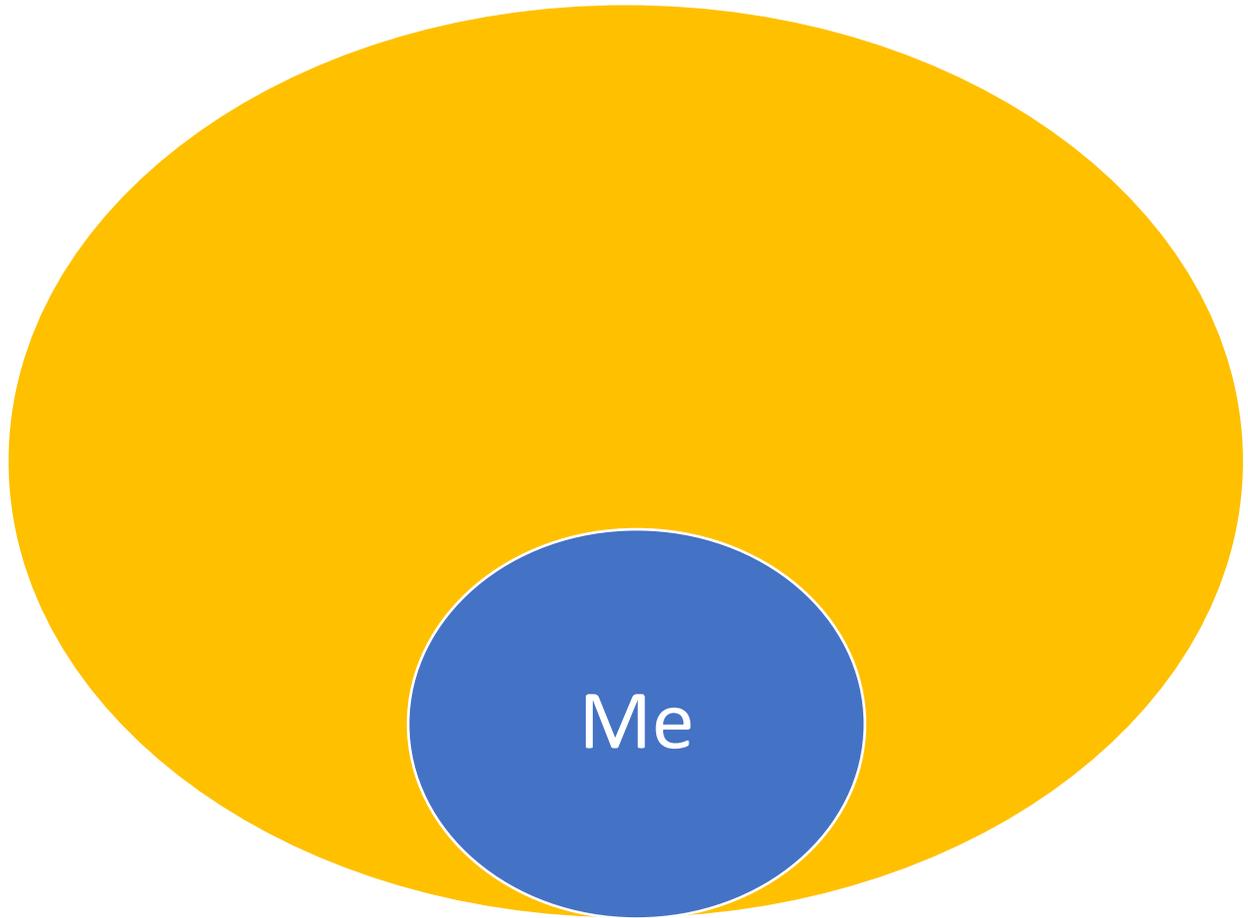
Remember: Your feelings are perfectly normal, but understanding how we are feeling can make things seem less scary.

Have a look at the Blob Tree. Which one do you think you are and why?



Feeling lonely:

You might feel lonely being inside by yourself. Write down people who care about you and are in your circle.



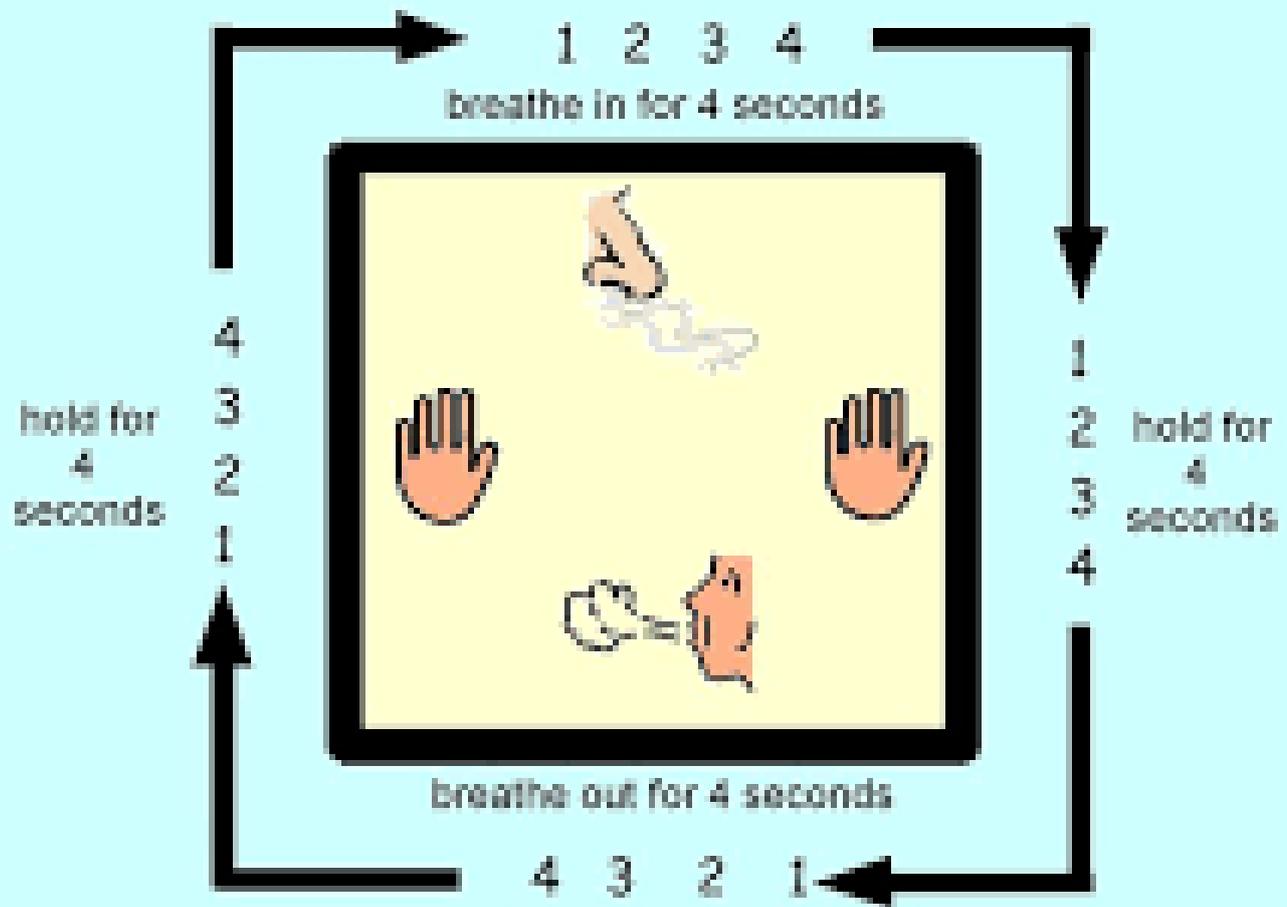
Breathing techniques

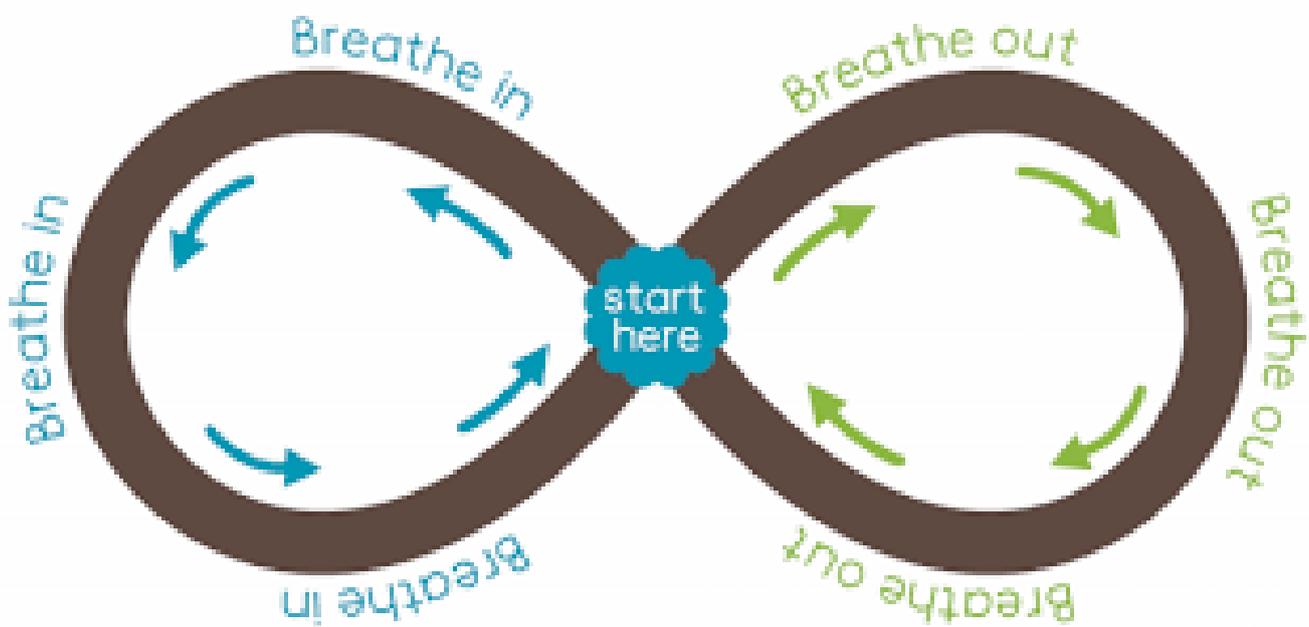
When we feel uncomfortable, we usually try to find things that make us feel better. You may have tried some of these in class already.

Hi 5 BREATHING



SQUARE BREATHING



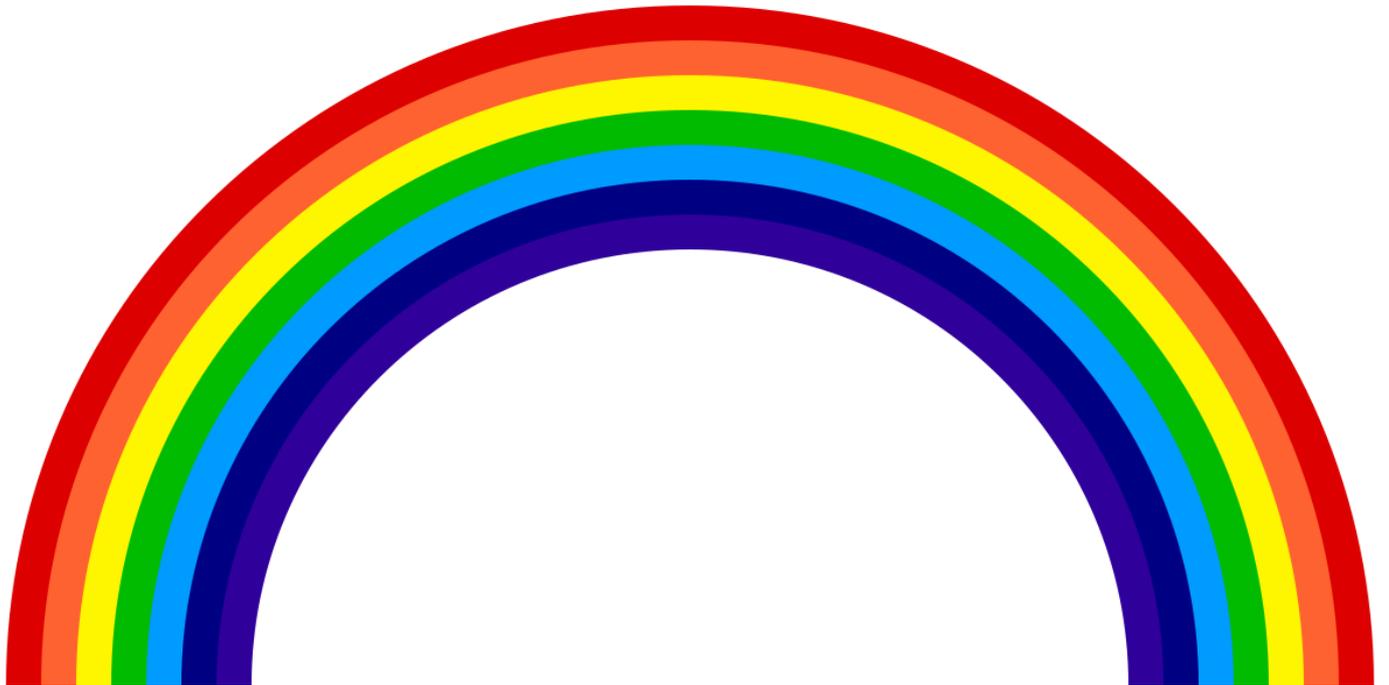


Whale breaths



Take a deep breath in, hold it while you count to 5 with your fingers then tilt head up to blow it out of your blowhole. You can also put your hands up on top of your head to create the blow hole to “blow” out.

Rainbow breathing



Arms start at the side of your body; arms go up as you breathe in and go down as you breathe out (arms make a rainbow).

Other activities to try

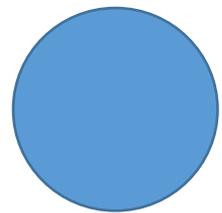
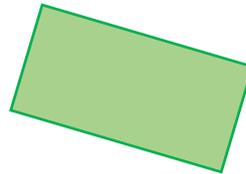
- How many things can you see which are square, circles or rectangles etc..?
- How many things can you see which are blue, green or brown..?
- Think of a word to match every letter of the alphabet. Here are some example categories, but you might have others you can think of:

Types of animals

Things you like to eat

Places

Names



Be Kind to Yourself

Write down some ideas about how you can be kind to yourself. Some ideas have been given to start you off. How can you make these happen, or who would you need to help?

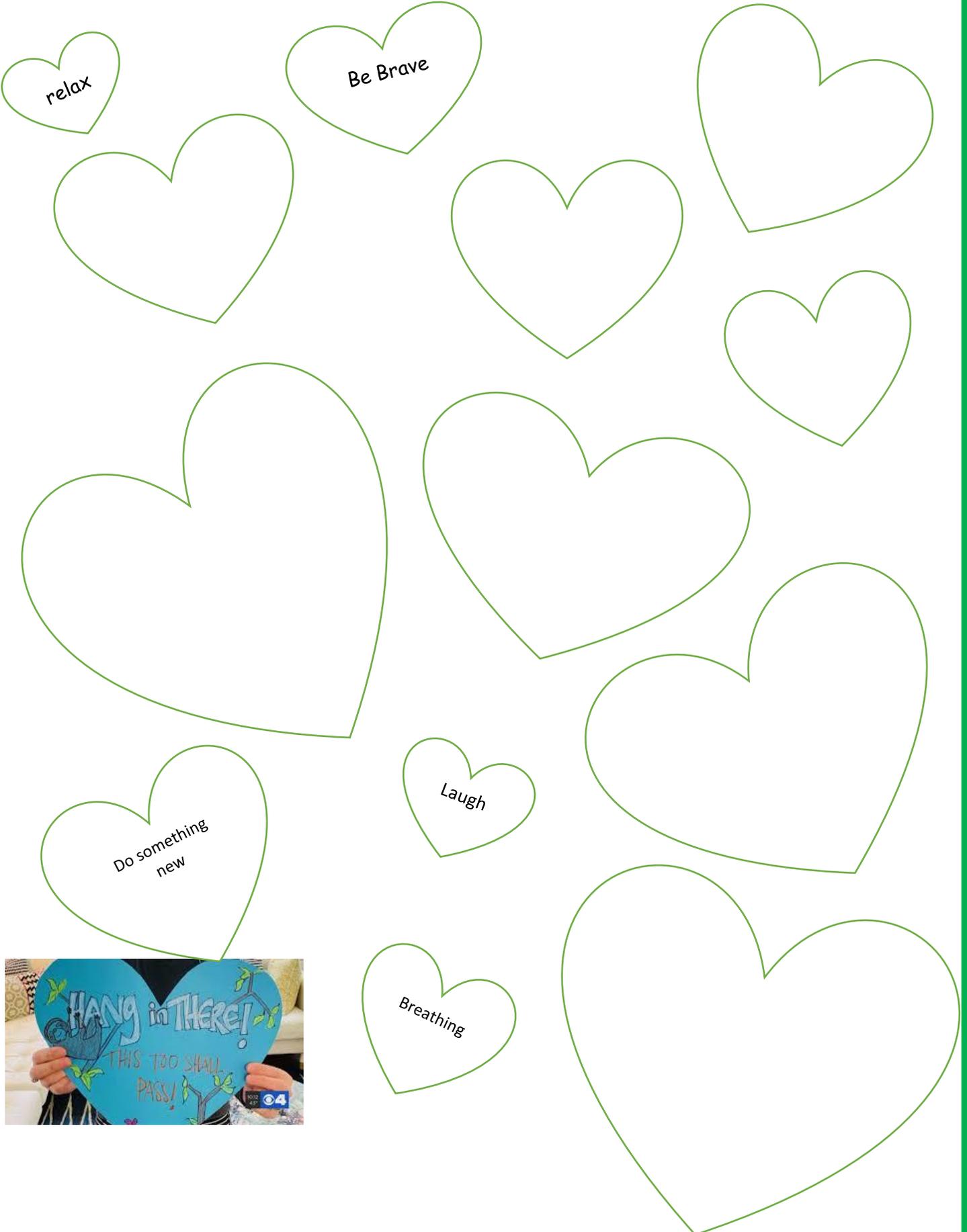
relax

Be Brave

Do something new

Laugh

Breathing



Gratitude Jar

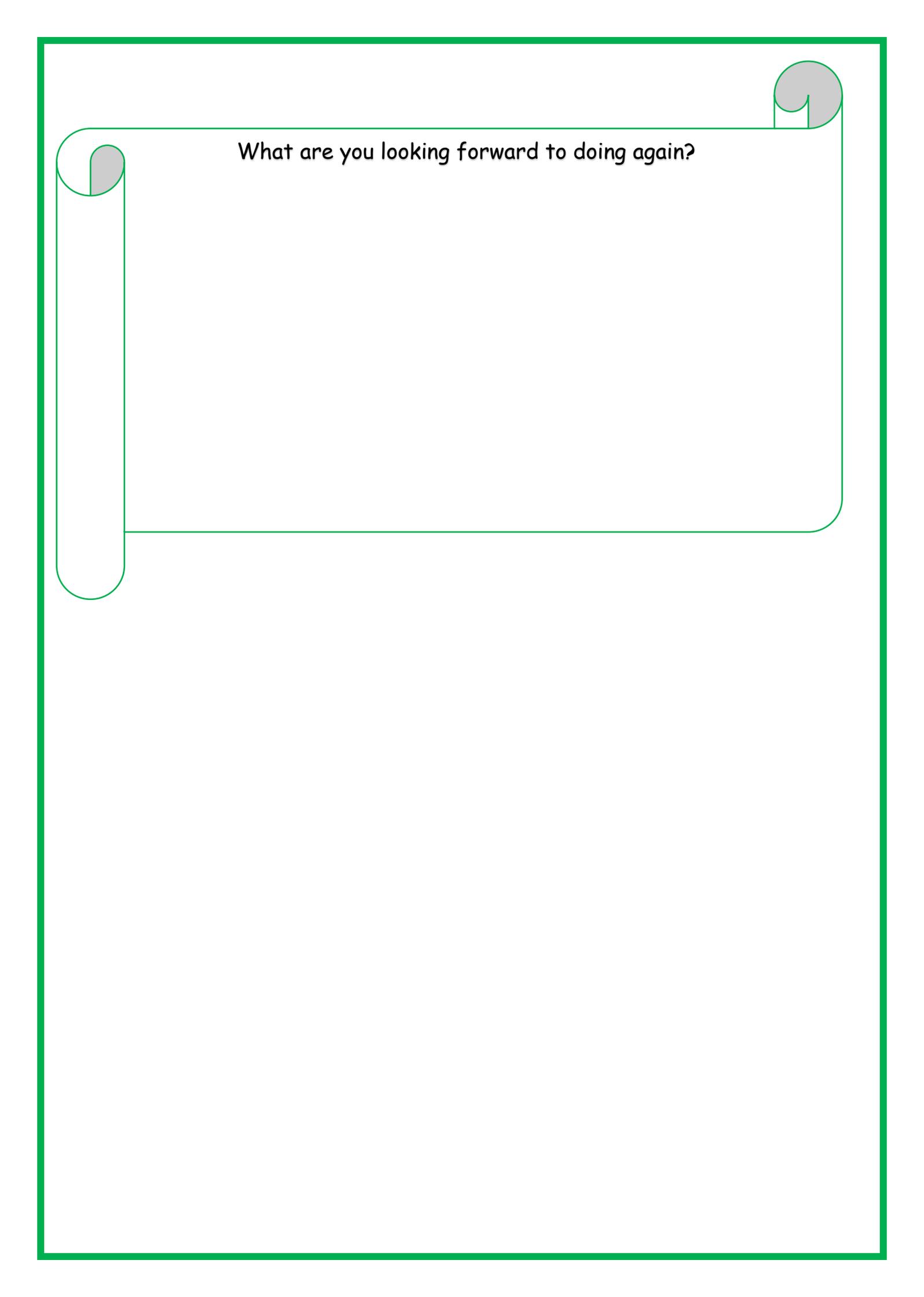
Every day write down something you are grateful for.



Write or draw

What I love about being at home

What I miss about school



What are you looking forward to doing again?

Optical Illusions

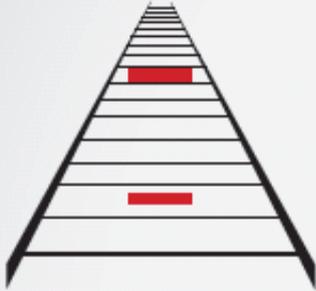
When we concentrate on what we are doing and what is around us, it can help us feel less worried about what might happen. Try some of the activities on the next few pages.



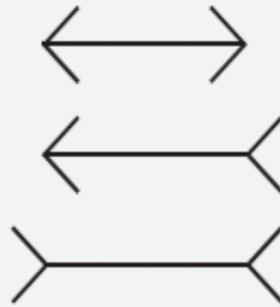
see for yourself . . .

Do you still think optical illusions could never stump you?
Try seeing through these cognitive illusions!

DISTORTING ILLUSIONS



Which line is longer?



Which line is longer?



Which center circle is larger?

AMBIGUOUS ILLUSIONS



Do you see a young woman
or an old woman?

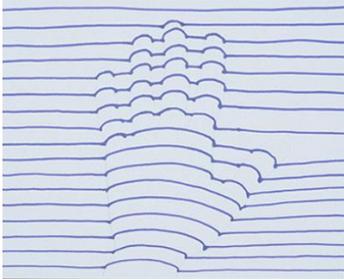
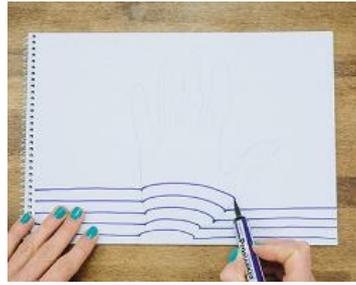


Do you see a musician
or a girl?

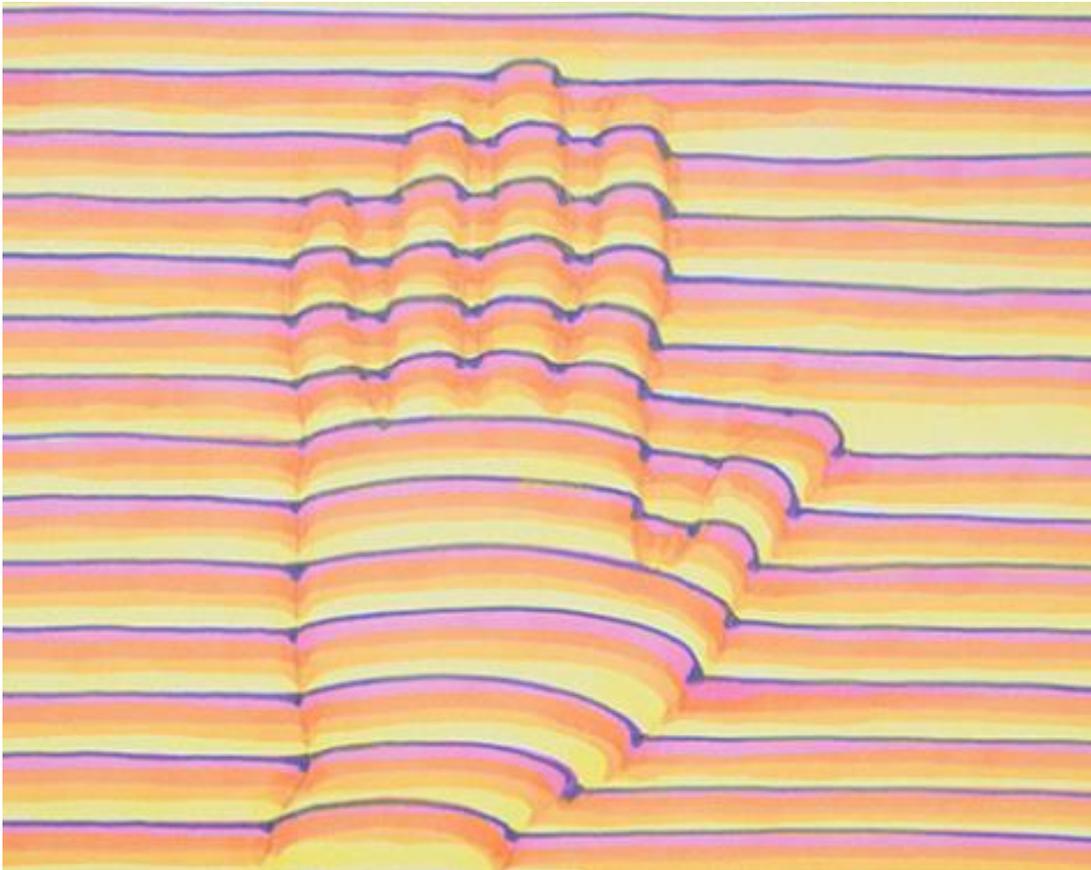


Do you see a seal or
a polar bear?

Have a go at drawing your own optical illusion



Use 3 different colours and always repeat the same order of colours.



When I'm anxious, I can



do some deep breathing

When I'm anxious, I can



draw

When I'm anxious, I can



talk to an adult

When I'm anxious, I can



listen to music

When I'm anxious, I can



do some colouring

When I'm anxious, I can



do some yoga

Free Websites and Apps to support with...

Mindfulness and Keeping Active



Smiling Mind

Short audio sessions to help with mindfulness.

<https://app.smilingmind.com.au/>



Cosmic Yoga - YouTube

Yoga videos designed for kids aged 3+

www.youtube.com/user/CosmicKidsYoga



BBC Supermovers

Interactive videos to support with KS1 and KS1 Maths, Literacy and PSHE and PE learning. Great for times tables—as well as videos that are 'just for fun'.

www.bbc.co.uk/teach/supermovers



Go Noodle—YouTube (More videos on their own website)

Hundreds of 'brainercise', dancing, strength and mindfulness videos—as well as videos that are 'just for fun'.

www.youtube.com/user/GoNoodleGames/featured



Premier League Stars

Videos and activities to support with Maths, Literacy, PSHE and PE.

www.plprimarystars.com



Newsround

Keeping children up to date with the world around them—creating opportunities to talk about the news with children.

www.bbc.co.uk/newsround



Look how much you've
already managed to
adapt to. Look how
resilient you've already
been. There's no "right"
way to respond to this
because it's never, ever
happened before. Give
yourself some credit. ☆
There's no one in the
whole world who has
this figured out yet.
So it's absolutely okay
if you don't either ♥

mellow doodles