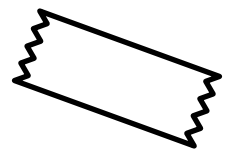
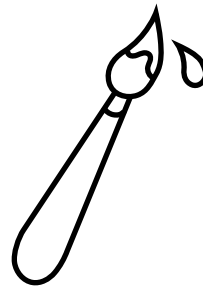
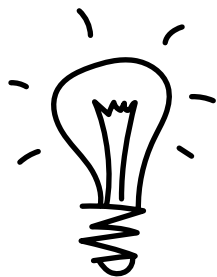


Activities at home

Mindfulness



Homemade Kinetic Sand

You will need

- 2 cups of dry sand
- 2 tbsp cornflour
- Water
- Food coloring (optional: may stain hands)

Instructions

1. Mix the corn flour and sand together.
2. Add a little bit of water and stir.
3. Leave to dry out in the window for 2-3 hours.
4. And there you have it, a fun afternoon of sand!



Source: www.craftymorning.com/4-ingredient-kinetic-sand

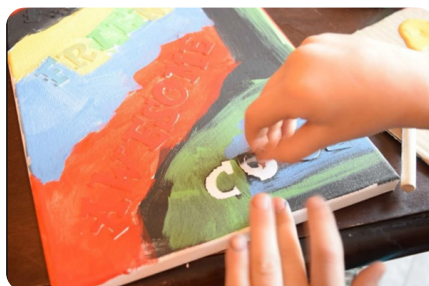
Positive Words

You will need

- Canvas
- Letter Stickers or masking tape
- Different coloured paint
- Brushes

Instructions

1. Think of positive words that describe you or things that you are good at doing.
2. Spell the words out with the letter stickers on their canvas (or you can make your own letters using tape). These can be placed all over in no particular order.
3. Now, paint over the stickers on the canvas with whatever colours you want.
4. Once dry peel off the letter stickers. You will be left with a colourful art piece that has positive affirmations on how you see yourself.



Source: www.amomstake.com

Creating Stones

You will need

- flour
- salt
- warm water
- gel food colouring



Instructions

1. Mix 2 parts flour and salt in a bowl. Add 1-part warm water and stir it to create a doughy paste. If it is too dry add a little more water until a dough is formed.
2. Tint the dough with the food colouring and mix in.
3. Now turn the simple salt dough into a worry-busting tool by making the dough into small cubes and indenting the sides a little bit with their thumbs.
4. Let sit overnight or until completely hardened.

Source: www.coffeecupsandcrayons.com

Controlled Breathing Waves

You will need

- Large pieces of butcher paper
- Paint of choice
- Paint brushes
- Paper plate (for paint)
- Water to rinse brushes



Instructions

1. First, you need to practice your controlled breathing.
 - Breathe in through their mouths, slowly completely filling your lungs, noticing your chests and bellies expanding.
 - Then, slowly release the breath through your mouths, taking a few additional seconds releasing the breath.
 - You may want to get another family member to count the breaths for you (they would count to 5 as you inhale and 7 as you exhale)
2. After practicing controlled breathing, you will paint your breaths. You may choose to create an ocean and then add waves with the breaths or simply paint the rhythm of breathing. You will move your brush up as you inhale and fill your lungs and move your brushes down as you slowly exhale, releasing the air. Painting the waves will help to visualize your breathing pattern, noting that the exhale is longer than the inhale.
3. Afterwards, analyse your waves, looking for patterns or changes. You may see that one particular breath was shorter than others or that their breathing was pretty even. Imagine these painted waves as a way to use controlled breathing to calm.

Source: www.counselorkeri.com

Boding Tracing Affirmations

You will need

- Large butcher's paper
- Pack of markers



Instructions

1. Have each family member lay on their own piece of butcher's paper.
2. Trace around their body to create an outline on the butcher's paper.
3. Next, write positive words about that family member in the outline on the butcher's paper.
4. You must also write positive words about yourself
5. When you have completed, swap yours with another family member and get each other to reach out what they.

Source: www.patch.com

What's in your heart

You will need

- Paper
- Colouring pens and pencils
- Sequins, and glue (if desired)

Instructions

1. First off you need a piece of paper, you can either cut out a giant heart or draw it onto the paper.
2. Once you have your heart, take a moment to reflect on the things that make your heart happy. What things make you feel good? What words would you use to describe these things? What images and colours come to mind when you think about these things?
3. Inside the heart make different sections that represent different things that make your heart happy using whatever you have at home to fill up each section, on the back of the heart reflect in words this section means and how it makes you happy
4. Once you have completed your heart, ask your parents or guardians to make one and then at dinner time you can sit around and discuss why and what you each put on your heart.

Source: www.amomstake.com

Painting with...

Leaves, Flowers and Sticks

You will need

- Paper/cardboard
- A variety of paint colours
- Different types of leaves, flowers or sticks

Instructions

1. You will be using paint so make sure you have your painting clothes on.
2. Set out different colours of paints into plastic bowls or plates, so its easy to dip your leaves in.
3. Allow the children to express themselves.
4. Now time for the fun, using the leaves you have chosen you can be as creative as you like. Use the leaves as a stamp or you incorporate them into your art piece.

Hands and Feet

You will need

- Paper/cardboard
- A variety of paint colours

Instructions

1. You will be using paint so make sure you have your painting clothes on.
2. Set out different colours of paints into plastic bowls or plates, so its easy to dip your fingers in.
3. Now time for the fun, using your hands or feet to paint a story that you have created in your head – there is no right or wrong, be messy, be abstract and have fun!
4. When finished write a small description about what is in your painting.

Yarn

You will need

- A variety of paint colours
- Pieces of yarn
- Containers to hold your paint
- Icy pole sticks
- Art paper

Instructions

1. Place some paint into containers.
2. Cut up some pieces of yarn.
3. Dip a piece of yarn into the paint. Use a icy pole stick to push the yarn down so it gets fully covered.
4. Pull the yarn out of the paint, place it onto the art paper, and then lift it. You'll see a cool design! Repeat this step with various colours to create a work of art.



Source: www.buggyandbuddy.com