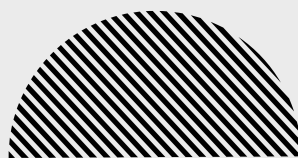
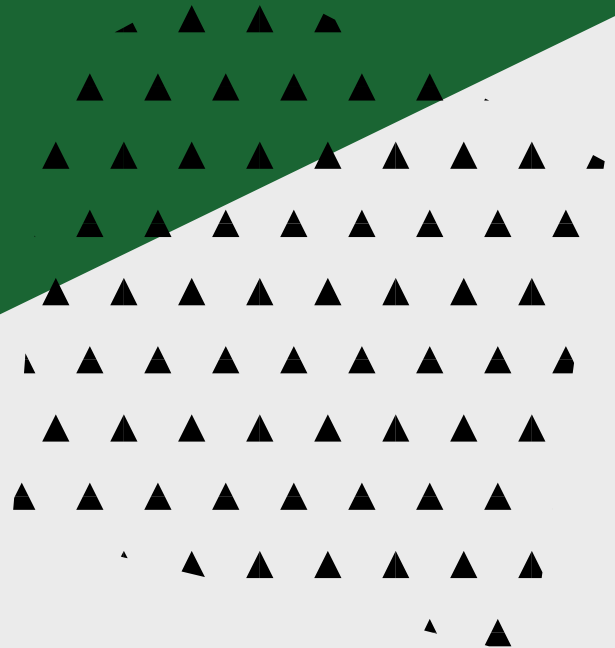




Unlocking Potential

UP's Weekly
Well-being activity

20.04.20





Unlocking Potential

What's Inside...

In recent weeks there has been so much going on and there have been lots of changes to everyone's lives. These kinds of changes can create a lot of unexpected feelings. Unlocking Potential is here to help children understand and communicate their feelings during this time.

Each week, while you are not able to go to school, Unlocking Potential will be sending activities home to help with some of the small and the big feelings that you might be having.

Many of these activities will have an accompanying demonstration video you will be able to find on the Unlocking Potential Youtube Channel. We hope you enjoy receiving our Weekly Well-being activities and find them useful!

Here's what's inside this week:

Your New Daily Routine

Having a regular routine each day really helps us to feel safe, secure and in control of our lives. It also makes sure we get our work done and also have time to do the things we really enjoy. Use this fun worksheet to make yourself a new daily routine.

Scented Beanbags

Try making a relaxing scented beanbag using objects found at home. Follow the link for a video to show you how: https://youtu.be/qQ2EB_LNTiM

For parents/carers: Five ways to calm your child when they're anxious

Children can find it very difficult to listen and reason when they're really anxious. Try these five tips to help calm your child down before starting a conversation to help them with their worry.

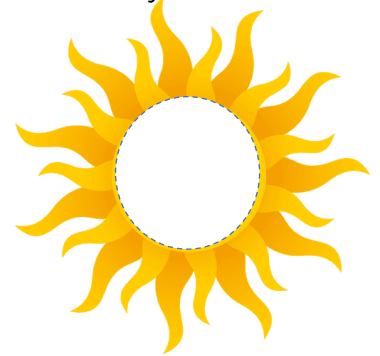


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My NEW Daily Routine

We've all been through a big change and life looks a little different for all of us right now. We don't have our teachers to tell us what to do every day so it's up to us to set ourselves a new routine. You can print this sheet out or make your own on a fresh piece of paper and stick it onto your wall.

I wake up at... Write the time you wake in the sun:

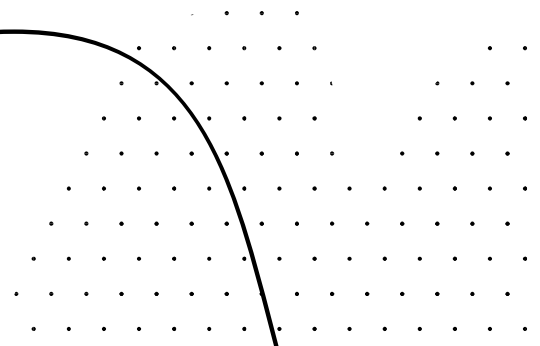


For breakfast I eat... Draw a picture of your breakfast:



After breakfast I... What do you do next? Maybe you start your day with some indoor exercise. Have you tried P.E. with Joe on YouTube yet? Or perhaps you get straight on with your learning? Write down what you do next here:

For my mid-morning break I... It's time to relax. Maybe you have a snack? Or play a game? Or do some drawing. Write it down:





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After break I... What do you do next? Draw a picture that tells us what you do next:



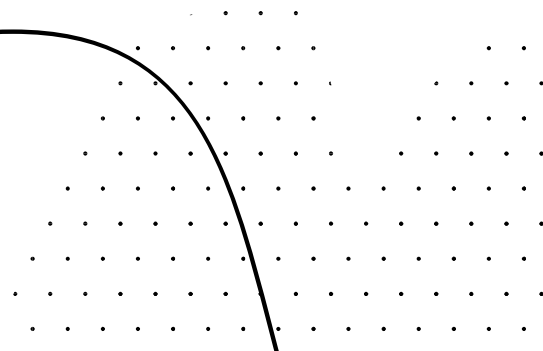
For lunch I eat... What do you like to eat for lunch? Write it down here:

In the afternoon I...

What do you do in the afternoon?
Maybe you do some more learning?
Or go for a walk?



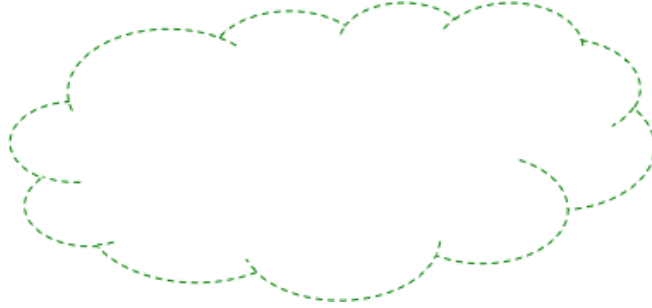
Before dinner I... What happens before dinner? Do you finish your learning for the day? Or have a chat with your sibling or someone at home? Or something else? Write it here:





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For dinner I eat... Draw a picture of your favourite dinner:

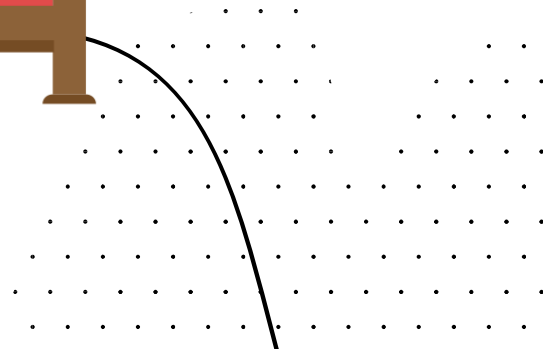
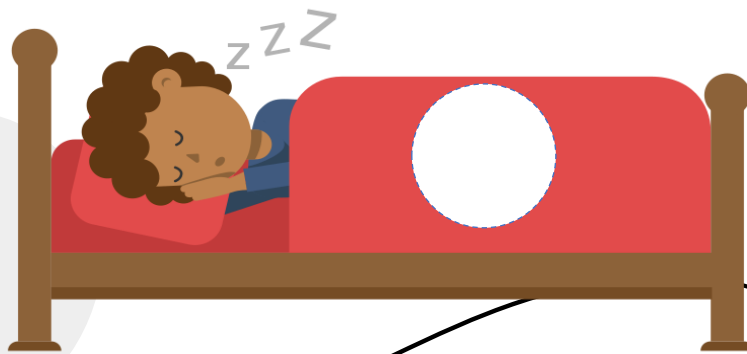


In the evening I... What do you like to do after dinner? Maybe you play a game or watch your favourite TV programme?

Before bed I... How do you wind down before bed? Maybe you read a book or talk to someone at home?



I go to bed at... Write down the time you go to bed:





Unlocking Potential

Scented Lavender Bag

Materials:

- Jazzy Sock
- Needle
- Thread
- 1 Cup of Rice
- Essential oils
- Takeaway box, with lid
- Cup
- Spoon
- Scissors



Step by Step:

1. Fill your cup up to the top with rice
2. Pour your rice into your takeaway box
3. Add 5/8 drops of your essential oil to the rice, stir and place the lid to the takeaway box on tightly
4. Leave for at least 48 hours.
5. Cut your sock in half, this should be over the heel of the sock
6. Spoon the rice back into your cup
7. Place the cut end of your sock over the cup of rice and hold it firmly in place
8. Turn the cup upside down to pour all the rice into your sock
9. Fold the frayed end of your sock in and prepare your needle and thread to sew the sock shut
10. By using a running stitch, sew the sock shut and you should have your first homemade lavender bag - well done!!





Unlocking Potential

Five ways to... calm your child when they're feeling anxious

All children feel worried from time to time. Your child might be feeling anxious about coronavirus or something else entirely. Signs of anxiety include restlessness, irritability/anger, muscle tension, difficulty sleeping, poor concentration, fatigue and daydreaming. It's a good idea to check in with your child regularly and encourage them to talk about how they're feeling – this will make them more able to put words to their feelings and more likely to come to you in times of stress.

1) Notice how they feel

Stay calm yourself and take your child's distress seriously by verbalizing it for them, for instance: "I can see you're really worried right now." Stay with your child and reassure them that you're there to help them with their worry.

2) Go for a cuddle

Physical soothing can trigger the release of calming chemicals in your child's brain. Try stroking their head or back or giving them a firm hug – holding them against your calm body will help to relax and regulate them.

3) Try deep breathing

Focusing on their breath should help to calm them down. Encourage them to breathe in through the nose for four seconds, hold the breath for two seconds and breathe out through the mouth for four seconds. Do this with them at least five times. You can also use the hand breathing technique video that is available in our resources from Week 1.

4) Give them a worry object

This might be a pebble, small toy or stress ball. When they're feeling worried, tell them to hold the object and tell you what it feels like – is it soft, hard, smooth, rough, perhaps it has grooves or curved edges? Thinking about the object will help to refocus their mind and in turn help to slow their breathing down and reduce the production of the stress hormone cortisol.

5) Talk it through

Once your child is calm, help them to think about their worry. Ask them to name the anxious thought so that you can think about it together. What is the likelihood of the worry happening? Can you put a plan in place that they can follow if it does come true? It's important not to dismiss the worry as silly but you can help your child put it into perspective and, most importantly, let them know that they do not have to deal with it by themselves.