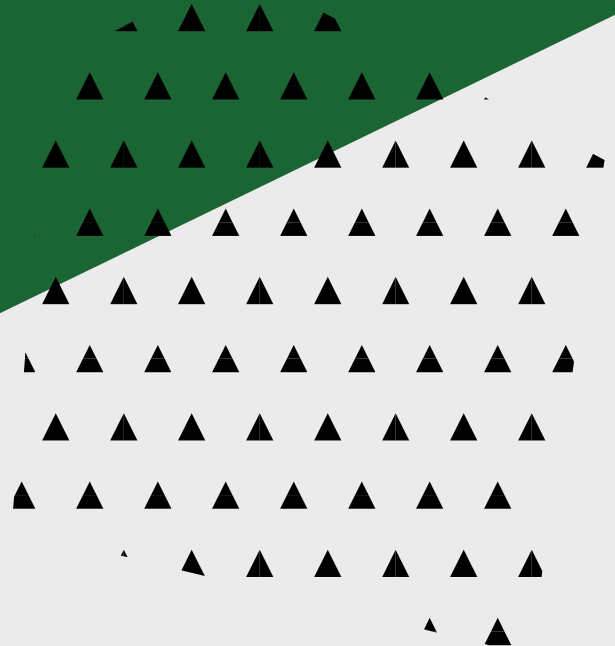




Unlocking Potential

UP's Weekly
Well-being activity

15.06.20





Unlocking Potential

What's Inside...

We hope you are enjoying receiving our Weekly Well-being activities and find them useful! Remember that many of these activities will have an accompanying demonstration video which you can find on the Unlocking Potential YouTube Channel so that you do not need to print this pack.

Household Scavenger Hunt

This is a fantastic way to stay active indoors, you can play with as many or as few players as you like, it is also free and easy to do.

Make your own nature collage

This is a great way to keep active and connected to nature, this activity is designed to encourage exploration and overall good well-being. Let us see what you can find!

Nature's Surfaces - Rubbings

If you have any left-over leaves, sticks, pinecones or pebbles from your nature collage, this is a fab continuation or alternative. This activity is designed to engage your senses and stimulate your creativity and enjoyment.

Salt Dough Handprints

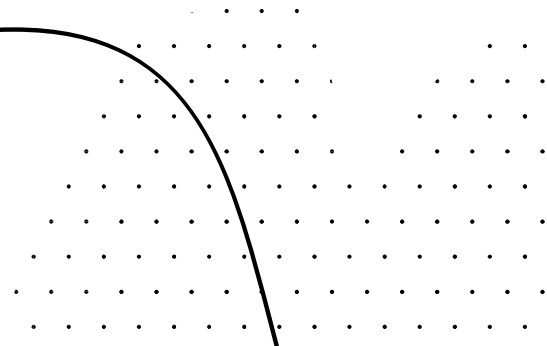
Have a bit of time on your hands? Let us get creative and make our very own everlasting handprints, these can also be turned into wall hangings or kept as memories to remind you of this time.

Core strengthening & Animal walk exercises

With an increase in down time, core strength is crucial in maintaining good posture and a healthy back. These animal walks are great for balance and full body strength. These exercises can be shared with the family or even turned into a game.

For Parents/Carers: 5 Tips on how to talk to your child about the return to school

Here are a few tips about how to talk to your child about the return to school.











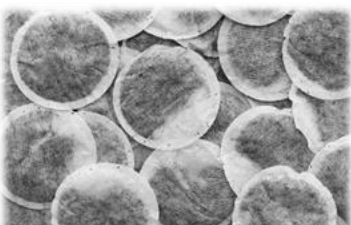





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House Scavenger Hunt

This game is easy to play. You can do it by yourself (make sure you ask permission first though 😊) or you could ask an adult at home to do it with you and make it into a race to see who can find all the objects first.

- Collect all the items from around the house (If you can only find a few that is okay too)

 <p>Toothbrush</p>	 <p>spoon</p>	 <p>Can of beans/soup</p>
 <p>Little plate</p>	 <p>Toilet Roll</p>	 <p>sock</p>
 <p>Pencil</p>	 <p>shoe</p>	 <p>Tea bag</p>
 <p>Photo of yourself</p>	 <p>Fork</p>	 <p>Mug</p>



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Nature collage

What you will need: Whatever you can find on your walk to the park, leaves, petals, twigs and cones. You will then need paper/card, sellotape or glue, and scissors if you want to make the twigs and leaves smaller

How to make your collage:



1. Place your piece of paper or card on the table, then gather your favourite leaves and bits you have collected and find some glue or sellotape.



2. Arrange your leaves on the paper until you are happy with the composition, then you can use glue or sellotape to secure your final image.



3. Your piece is now finished! You can add some glitter, stickers or draw some extra bits on if you would like. Don't forget to sign and date your masterpiece!

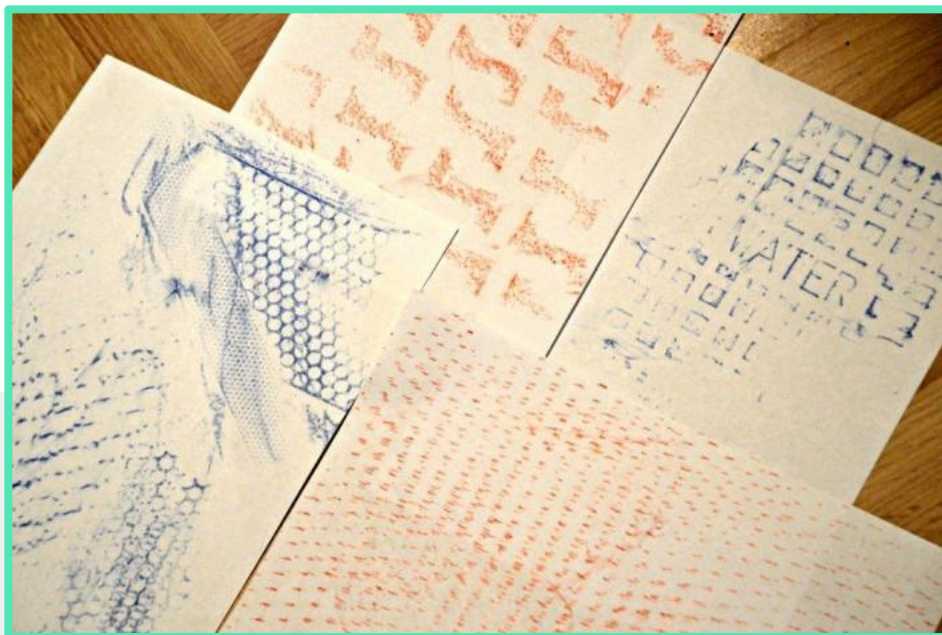


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Nature's Surfaces - Rubbings

Technique

Rub a soft pencil or crayon (on its side) onto paper with materials underneath. Outdoor materials are the most interesting – bricks, leaves, pavement or pinecone. But it can be adapted to household materials if you are unable to leave the home – lego, walls, flooring, radiators or even coins! These would be a great addition to your collages or for making cards.





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Salt Dough Handprints

What you will need:

- 125g of flour (**NOT** self-rising flour)
- 75g of salt
- 100ml of water (you may need less)
- Mixing bowl
- Mixing spoon
- Baking tray
- Foil
- Rolling pin

Decorating the handprints:

- Acrylic paint
- Paintbrush
- Markers
- Stickers

STEP 1: Mix up some salt dough

Making salt dough is easy! Simply mix 125g of flour and 75g of salt together in a bowl. Then pour in 100ml of water, adding a little at a time and mixing as you go. Add the water slowly as you may need less water than 1 cup, you don't want your salt dough to go sticky (but if it does, just add more flour!). Once mixed together take the salt dough out of your mixing bowl and knead it.

STEP 2: Rolling out salt dough

Now it is time to roll out your salt dough. Place some grease proof paper on your tray, then place the kneaded dough on top, using the rolling pin you can roll the dough out until it fills the tray or until it is about 1cm thick.

STEP 3: Making your handprints

Now it is time to make handprints! Press your hand into the salt dough firmly making sure you press down each finger to make a good imprint, but not all the way through you will need a base to paint.

STEP 4: Bake salt dough

Now it's time to dry out your salt dough, the best way to dry out salt dough is to place it in the oven at a low (90 degrees) temperature. When your salt dough has dried out, it will feel hard to the touch, this takes roughly 1 hour. If it is still soft in the centre put it back into the oven for a little longer.

STEP 5: Painting your handprint

Now you have baked your salt dough handprint plaque it is time to paint it. You can be as creative as you like, if you don't have paints you can use stickers, pens, markers or just leave it plain. To finish of your handprint art, you might want to add your name and the year.





Unlocking Potential

Animal Walks

Instructions: Read about each position and see if you can replicate it!

Make sure you have plenty of space around you and that the environment is safe before you start. Choose the right ones for you and have fun!

Bear: Assume a creeping posture, progress forward and backwards, moving arms and legs of same side simultaneously. Keep the head down.



Bird: Stand on tiptoes and wave arms slowly up and down. As the “wings” move faster, run tippy-toe around as if you were flying. As the flapping slows down the bird comes slowly to a stop.



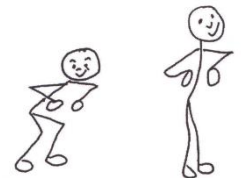
Bunny: Squat low on heels and place hands palm down on floor. Move the hands forward and bring the feet forward between the hands with a little jump.

Crab: In squatting position, reach backward with the arms and put both hands flat on the floor behind you. Raise up until the head, neck and body are in a straight line. Walk or run in this position.



Duck: Do a knee bend. Place your hands around your ankles. Walk forward one foot at a time but remain in the knee-bent position.

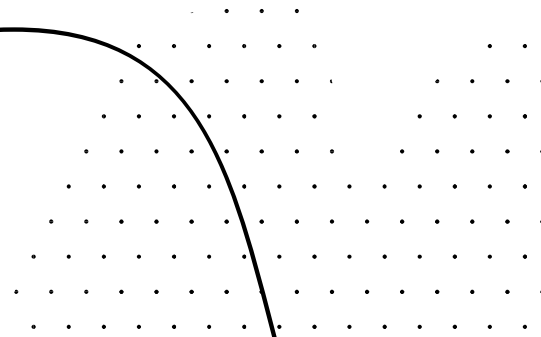
Kangaroo: Stand with feet together. Bend the elbows out from the body. Let the hands dangle limply. Bend the knees and jump forward.



Monkey: Run forward with both hands on the floor and the knees slightly bent.



Further advice from an Occupational Therapist: Start with walks like the Bear and Bird, prompt your child to activate their muscles by pulling in their belly button and making their shoulders tall. As your child gets better with walks, introduce trickier ones like the kangaroo and crab.





Unlocking Potential

5 Tips on talking to children about the return to school

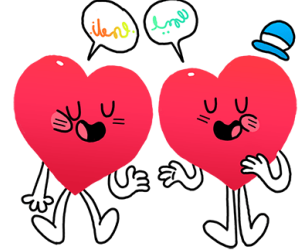
The changes and the possible apprehension that come with returning to school are difficult for both parents and children:

1. Reassure your child



Reassure your child that things are changing but it will be sometime before things return to a 'normal' that they will recognise from their lives before lockdown.

There may be a sense that that 'lockdown' has provided a sense of feeling protected from the outside world. For some, this lifting of rules can cause a rising anxiety as going back to a more 'recognisable life' might reignite some old worries. It can be overwhelming thinking about the uncertainty, and this can understandably result in anxiety. When you feel your thoughts are beginning to spiral into worrying about 'what if's?' it can help to refocus your thoughts on the present moment. Some of the mindfulness techniques described in previous weeks could be beneficial.



2. Make sense of the changes at your own pace

Returning to school can be a welcome change to some children and create a sense of dread for others, so take time to understand how your child feels about returning, they may have worries around reconnecting with friends. If your child is struggling to voice their concerns, have a worry jar or bottle that your child can place their worries in.

3. Explore your own and your child's expectations

Discuss your expectations and ask your child what their expectations are. Set out how things will change – School will certainly look very different to what they will have experienced before the lockdown. Your child might be worried that they will not be able to get close to their teachers and friends. They may have worries about how they will be able to play with their friends if they must socially distance. Offer them different ways of connecting with their friends that don't involve being physically close.

4. Give them practical advice



Give some practical tips to your child about how they can look after themselves. You can remind them how to wash their hands properly, and when they should be doing it. Explain to them that these precautions need to be in place for now, but as time goes on there will come a point that they may be able to get closer to their friends and teachers.

5. Check in after school

Check in with your child when they come back to school. Playing a game with your child can help you to feel more connected to them and gives them that special interaction and a bit of normality after their 'strange' day at school.

