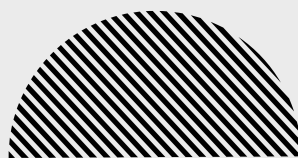
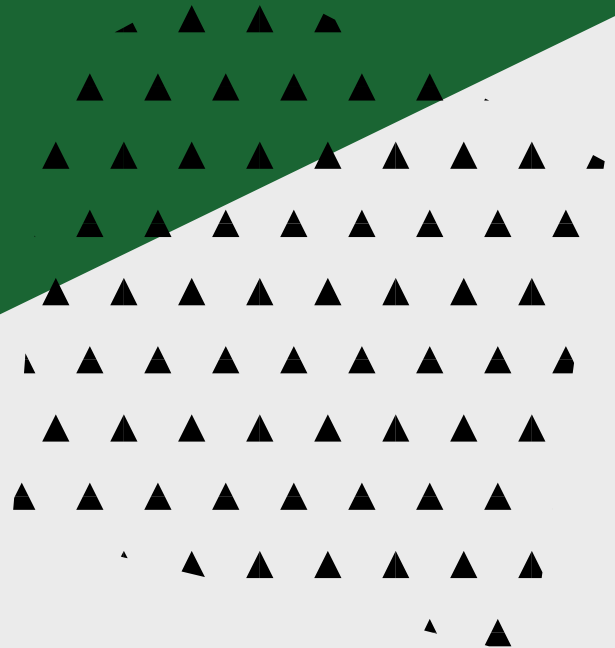




Unlocking Potential

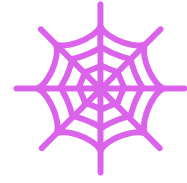
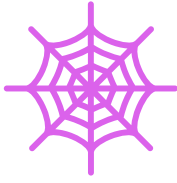
UP's Weekly
Well-being activity

29.06.20





Unlocking Potential



MAKING A DREAMCATCHER

Dreamcatchers are from Native America and they hang over our bed or near a window.

They catch the good dreams which trickle down the string into the sleeping person and stop the bad dreams from coming close by being caught in the web.

Traditionally, they are made of things found in nature like feathers, shells or precious stones. However, we can make them with whatever we have at home

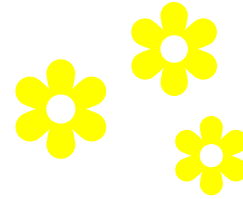
1. Find a piece of bendy stick or paper plate and wrap a string around it. (Please watch the video)
2. Weave the string to create a web
3. Choose dangling string and decide what will be on the end? Feathers, beads or words of hope
4. Tie the string to the circle and look at them dangle
5. Chose somewhere special to hang it.





Unlocking Potential

GRATITUDE WALK



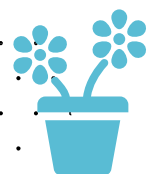
What does gratitude mean? Gratitude means feeling grateful for things you like and that make you feel fuzzy and warm

You can practice gratitude with your parent or alone; noticing what different things you like and why

1. First can you make a booklet, fold over some scrap paper lots of times to get a booklet or use a small notebook?
2. Call it "My Journal"
3. Choose a place to have a gratitude walk - your bedroom, kitchen, or park (with an adult)
4. Looking around at everything, look at the sky, the floor and all around you (swing your head around) I like it because.....
5. What's caught your eye, why? What do you like about it? Are you pleased it is there? How does it make you feel? I like it because...
6. Now, let's look for something else – it can be anything but how about - what's your favourite piece of material – why, how does it feel, what does it make you think about?
7. How about your favourite view? Is it the ceiling when you're lying down relaxing, is it the building you see from your window and why do you like it?
8. Now look around and what can you find that reminds you of a good time you've had? Is it the swings or perhaps a photo?
9. What else in your room or in the park or wherever you are makes you feel grateful, it might be a hug with teddy or an adult or soft pjs, or you might be grateful because you had a fun game with someone.

Noticing these moments of gratitude are important and give hope in tricky situations that we might be in.

You could make a Gratitude Book and write 5 things down every day and then look back and smile at the things you were grateful for on Monday or Sunday last week.





Unlocking Potential

PLANTING SEEDS OF POSITIVE THOUGHTS

We all have our good and bad days through these challenging times and as we come out of lockdown, how can we maintain and practice positive thinking so that we can transfer that to our children?

By saying positive thoughts to ourselves everyday, we can really impact how we think and feel. We need to believe and model the positive thinking that we want our children to emulate.

HERE ARE 5 POSITIVE SEEDS OF THOUGHT

1. ***I'm doing what I can and I'm enough***

Sometimes we can put so much pressure on ourselves and not acknowledge the great things that we are already doing. We often compare ourselves with others and we miss the achievements that we have accomplished.

2. ***Some days I need to ask for help***

Sometimes when you are feeling overwhelmed and exhausted you may not have the energy to ask for help or feel like anyone will understand. However, you might be surprised that there is someone who is willing to help, be it friend or family.

3. ***I will be kind to myself***

A lot of us forget to be kind to ourselves or put ourselves first. As parents, we can be so busy making sure everyone else is ok and leave ourselves out. If we can be our first act of kindness it then shows our children that being kind to yourself is a normal way of life. Meditation might be a good act of kindness towards yourself if you enjoy silence.

4. ***I am grateful for the small things in life***

We humans can make life so complicated and difficult at times and sometimes it is useful to pause and take a look around and find the simple things that we can be grateful for i.e. it's a hot sunny day, the sky is blue, we played a fun family game, everyone was happy today.

5. ***I choose to be happy***

We cannot always choose what happens in life, but we can choose how we respond and what kind of energy we can bring to that response.