


Ideas for wellbeing, mindfulness/relaxation, garden games and fun activities

Mindfulness:

Brain Break Breathing

Balloon Breaths


Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



Brain Break Breathing

Rainbow Breaths


Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



Brain Break Breathing

Sun Breaths

Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.




<https://www.elsa-support.co.uk/breathing-techniques/> -> this is focused on relaxation. It is called 'five star breathing', which the children may have used at school. The children have to work their way around the star until they feel calmer.

<https://www.elsa-support.co.uk/elsa-support-mindfulness-challenge/> -> another relaxation tool, the children can have their own booklet involving daily tasks to support them being calm, on this website there are also some mindfulness colouring pictures that would be beneficial too.


Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.




Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go.

Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.



Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Wellbeing:

<https://www.elsa-support.co.uk/our-school-is-closing-for-a-while/> -> this booklet was included in some of the ELSA packs that I was going to prepare; it is really beneficial for children with anxiety about understanding current circumstances.

Please take a look at the other files on our [Health and Wellbeing website page](#) -> to find two fantastic documents to support children with worries and questions about Coronavirus.


Yoga cards -> to help promote sleep:

Yoga Cards

Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

- Stand tall with your weight balanced evenly on your feet.
- Firm your thigh muscles and pull in your tummy.
- Press your shoulders back and hold your arms out straight, a little way from your body.
- Breathe deeply and hold as long as needed (at least two long breaths).




Yoga Cards

Frog Pose - Bhekasana

Benefits Tones legs; increases hamstring flexibility.

- Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
- Look up and inhale.
- As you exhale, straighten your legs and lower your head toward your knees.
- Return to squatting position, then repeat.




Yoga Cards

Butterfly Pose

Benefits Calms the body and mind, helps relieve stress, headaches and fatigue.

- Begin by sitting with soles of feet together.
- Touch fingers to the side of your head like antennae.
- Gently bounce your knees to flap your butterfly wings.
- Exhale, and slowly lower your hands back to your lap.




Yoga Cards

Child's Pose - Balasana

Benefits Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

1. Kneel on the floor, touching your big toes together.
2. Sit back on your heels and separate your knees hip-width apart.
3. Exhale, bringing your head down, and rest it on the floor in front of you.
4. Place your hands wherever they are comfortable by your head, your knees, etc.
5. Relax and breathe, holding this pose.




Yoga Cards

Corpse Pose - Savasana

Benefits Calms the body and mind; helps relieve stress, headaches and fatigue.

1. Lie down on your back, with arms next to your body and legs slightly apart.
2. Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.




Yoga Cards

Cat Cow Pose - Marjaryasana Bitilasana

Benefits Stretches torso and neck, gently massages spine and internal organs.

1. Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
2. Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
3. Exhale, round your back towards the ceiling and look at your belly.
4. Repeat.




Please take a look at the file on our Health and Wellbeing website page -> “How to Look After Your Family’s Mental Health”

<https://haktive.com/index.html#testimonials> -> a great website to encourage the whole family to increase their physical activity through fun daily challenges. Exercise is a great way to enhance wellbeing and most of all to have fun together.

Haktive at Home

If you find yourself stuck at home with the kids, maybe due to poor weather... or perhaps the threat of a global pandemic, then increased physical activity through the below challenges can be a great way to enhance their well being (and yours), and to have some fun together.

“...every little bit of activity will help their well being and yours.”



The Haktive Challenge-a-Day

1. Have an imaginary skipping rope (bouncing on the spot). Try to keep going for one minute then try to increase the time. Or do tricks like backwards, crossover and double imaginary skips. Or count in 1s, 2s or 3s or recite your times tables or the alphabet. ☐
2. Sit on a chair, stand up and reach up then sit back down, repeat 20 times or more. You could try from sitting on the floor too. ☐
3. Spiderman legs - hold a front support position. Bring your foot up to the side and back again, then the other foot, all the while holding your body strong. Roll onto your back and shake your legs and arms. ☐
4. Spell your name using your body. Try the whole alphabet. Ask a question or tell a story using your body, no speaking. ☐
5. Choose your favourite songs, turn the music up and dance around the home - this is definitely a feel good one. ☐
6. Balance a pair of socks or teddy bear on your head, walk around your house, try to pick something up off the floor, try to make a shape and move into & out of the shape with out it falling. ☐
7. On the spot run a 100m race - Usain Bolt does it in 9.58 seconds. Pick any other distance and world record to beat. ☐

Newsletter & Updates: [Haktive.com/at-home](https://haktive.com/at-home)

<https://www.coramlifeeducation.org.uk/harolds-daily-diary> -> The Life Education Team visit our school each year in the Life Bus. They have some fantastic resources available on their website including a whole new page dedicated to providing children with regular activities to support their physical and emotional health at this time of great uncertainty and change.

Remember to check out the daily blog of Harold, their happy, healthy mascot. He encourages children to do 5 things a day to stay happy and healthy; Be active, Get creative, mindful moments, connect with others and give to others. Here are some of his ideas to get you started;



Be Active - I can do some exercises in the house for that - star jumps and running on the spot.

For Get Creative I might do some drawing, or maybe some puzzles. Oh! And there's my home-learning pack from school - and I'm writing this diary!

For Mindful Moments I'm going to do some colouring. Maybe you'd like to do some too? You can draw your own picture or there's a picture of me for you to print and colour.

Connecting - that's easy! I'll talk to my grandma and my friends Derek and Kiki. They're all at home, so my mum will help me to connect safely online with them, later.

Give to others. Hmmm. I know! I'll help by doing some tidying up later.

Baking:

<https://www.tasteofhome.com/collection/easy-baking-recipes-for-kids/> -> some ideas for baking that covers all age ranges, a good way of enjoying special time with your child and what better opportunity to teach your children essential life skills! Cutting and chopping are great for fine motor skills too.



Bear on Toast

Makes 1 piece

Ingredients

1 slice of fruit loaf
Chocolate spread
3 banana slices
3 blueberries

Equipment

Toaster
Plate
Knife

Method

1. Lightly toast the slice of fruit loaf.
2. Once cooled slightly, spread on the chocolate spread.
3. Carefully place the banana onto the chocolate spread. Use 1 slice of banana for a nose and 2 slices of banana as the ears of the bear.
4. Put a dab of chocolate spread onto a blueberry and place the blueberry in the centre of the slice of banana that is the bear's nose. Place the 2 remaining blueberries between the ears and nose to make eyes.



Caterpillar Salad

Ingredients

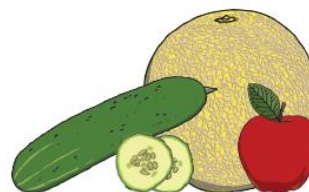
Salad leaves
Apple (large)
Melon
Cucumber

Equipment

Apple corer
Plate

Method

1. Use the apple corer to remove the core from the apple, then discard the core. Cut the remaining apple in half and use the apple corer to make apple cylinders. Cut the cylinders in half lengthways.
2. Use the corer to make cylinders of cucumber and melon and cut these lengthways also.
3. Arrange the leaves in the plate and add the cylinders of apple, cucumber and melon.



Gross Motor skills/Body movement:

NHS 10 minute work outs <https://www.nhs.uk/live-well/exercise/10-minute-workouts>

Joe Wicks 9am workouts - these are great for all the family to join – access this on YouTube

Cosmic Yoga – Access this on YouTube

Search JWS Fitness and Wellbeing on Facebook to pay £2 to be part of a virtual work out for kids.

<https://www.verywellfamily.com/great-outdoor-games-for-kids-620396> -> these are easy to adapt to factor in social distancing, get the whole family involved. This is focused on outdoor activities involving little equipment. Some of the activities that would work well are Spud & Four Square. It is perfect weather for outdoor games!!

Gross Motor Activity Cards

Chair Challenge

Sit on a chair. Hold the side of the chair with each hand. Use your hands to push yourself off the chair!



Gross Motor Activity Cards

Animal Antics

Use your body to pretend to be different animals:

Snake: slither across the floor
Butterfly: flutter around the room
Elephant: stomp with both feet
Kangaroo: bounce around
Frog: hop like a frog
Flamingo: stand still on one leg

Gross Motor Activity Cards

Jumping Jacks


How many different ways can you jump? Can you jump on the spot (small jumps/ big jumps), side to side, star jumps, bunny jumps, backwards, forwards, with eyes open and eyes closed!



Fun Activities involving little resources:

Here are some basic, fun activities for children to do at home with their parents; these involve a small amount of resources. Shaving Cream Art, Cardboard Box Play, Water Table Fun, Coffee Filter Butterflies, Fun with Chalk, Ice Painting, Turn Chores into Fun, Backyard Bowling, Make Slime.

Cornflour Slime



You will need:
450g cornflour
475ml water
food colouring (optional)



Instructions:

1. Place the cornflour in a large mixing bowl.
2. Slowly pour in the water and mix thoroughly with your hands. You could add a few drops of food colouring if you wish to make colourful slime.
3. Keep mixing until the water and cornflour are fully blended together and the slime has the consistency of honey. You can add more cornflour to make the slime thicker or more water to make it runnier. Now have fun with your slime!

Artic Foam Cloud Dough Recipe

Ingredients

340g cornflour
280g shaving cream
Collection of small plastic animals from the Arctic: Arctic fox, white hare, Arctic wolf, sharks, whales, northern seal, polar bear, walrus



Method

1. Mix the ingredients together in a large container and leave in the freezer for a few hours until it sets.
2. Add the collection of animals.
3. Children can use the animals to make up stories or use the cloud dough to build shelters for the animals to live.

Community Support:

West Berkshire Community Support Hub -> this will be open ready to support those in need and those that can offer to help. Telephone, 01635 503579. Email, westberksbct@westberks.gov.uk

West Berkshire Food Bank -> are able to provide three days' nutritionally balanced emergency food and support to local people who are in need.

In Crisis Food Need

Call:
Crisis FoodLine
01635-760560



Online Safety

During this extended period of studying/working from home children still need to remember and implement their E-safety knowledge, with your supervision. **Please take a look at our file “Keeping Your Child Safe Online While They Are Off School”** which guides you through 8 simple steps to help keep your child safe online.

Contact with the school - > the school has now set up new email addresses for each year group. This is so that both parents and children can easily contact school staff.

Amy B, Amy C and Mrs Stokes can also be reached using these email addresses if your query relates to wellbeing.

Emails will be checked every Monday, Wednesday and Friday.

The emails are:

FoundationStage@pdp.w-berks.sch.uk

Year1@pdp.w-berks.sch.uk

Year2@pdp.w-berks.sch.uk

Year3@pdp.w-berks.sch.uk

Year4@pdp.w-berks.sch.uk

Year5@pdp.w-berks.sch.uk

Year6@pdp.w-berks.sch.uk

Please do not hesitate to use these email addresses for any queries or simply to make a connection and have a chat!

Take care of yourselves and each other. We look forward to seeing you very soon.

Amy, Amy and Mrs Stokes.



THERE IS NO ACADEMIC EMERGENCY THIS WEEK, SO DON'T BE SO QUICK TO SET-UP A HOMESCHOOL. OUR COUNTRY IS IN A CRISIS, AND WE ARE ALL STRESSED AND TIRED. STRESSED ADULTS CAN NOT TEACH STRESSED CHILDREN. IT IS A NEURO-BIOLOGICAL IMPOSSIBILITY. TRY FOCUSING ON CONNECTIONS AND FEELINGS OF SAFETY.

MY STAY-AT-HOME TO-DO LIST

- Appreciate that I have a place to stay inside
- Be patient with the people around me who may feel frustrated, antsy, or scared
- Focus on the things I can control
- Take care of myself physically, mentally, and emotionally
- Take deep breaths to stay grounded and calm
- Cut myself some slack if I struggle to do what's good for me