



Activity A

# Concentration

## Activity A

# Opposites

Draw an animal with the hand you normally write with.

Now try drawing it again with your other hand. It's a bit more tricky isn't it?





Activity B

# Concentration

## Activity B

# Find and seek

Search each room of your house and find something that is your favourite colour.

How many things have you found?





Activity C

# Concentration

## Activity C

# Bingo bango

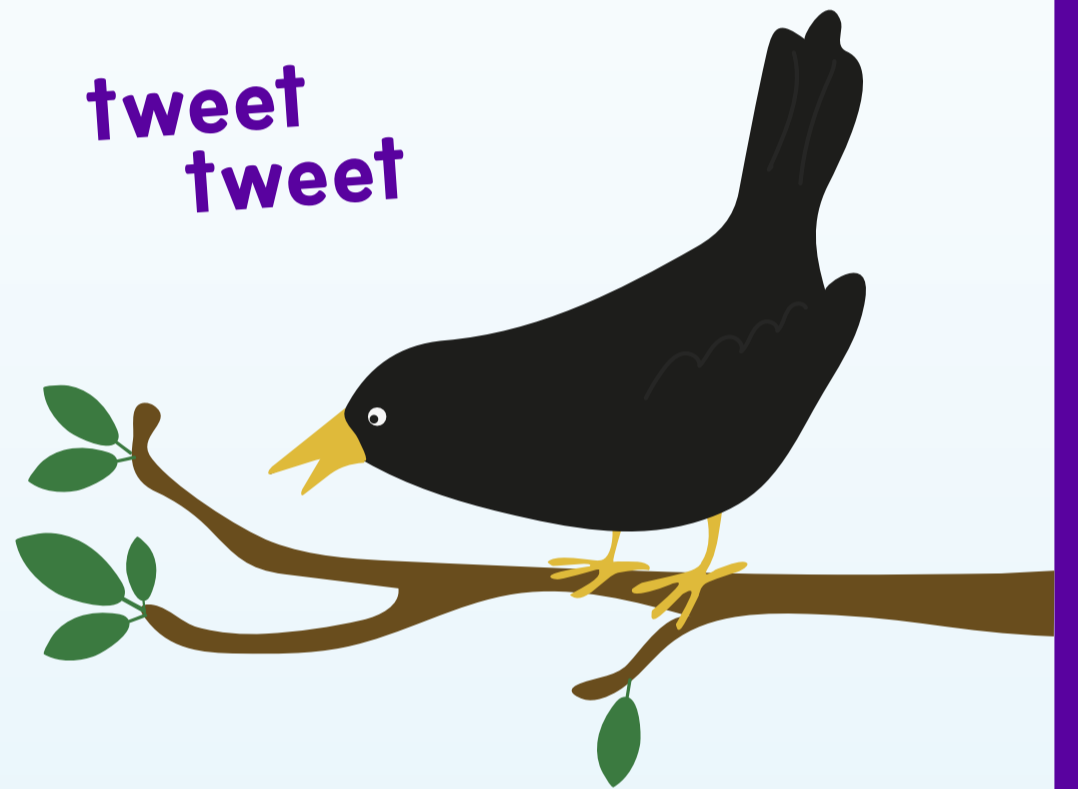
Stand in your garden or  
doorstep, try and listen for:

A dog barking

Birds chirping

A car driving by

tweet  
tweet



When you have heard them  
all shout 'Bingo Bango'!



**Bingo  
Bango!**



Activity D

**Creativity**

## Activity D

# Flower power

Collect some stones, leaves and flowers from your garden or on your walk.

Create a face. You could use stones for eyes, a twig for a smile, leaves for hair and a flower for a nose.







Activity E

**Creativity**

## Activity E

# Rock and roll

Make your own drum kit from pots and pans in your kitchen.

Do they make different sounds? Which one is your favourite?





Activity F

**Creativity**

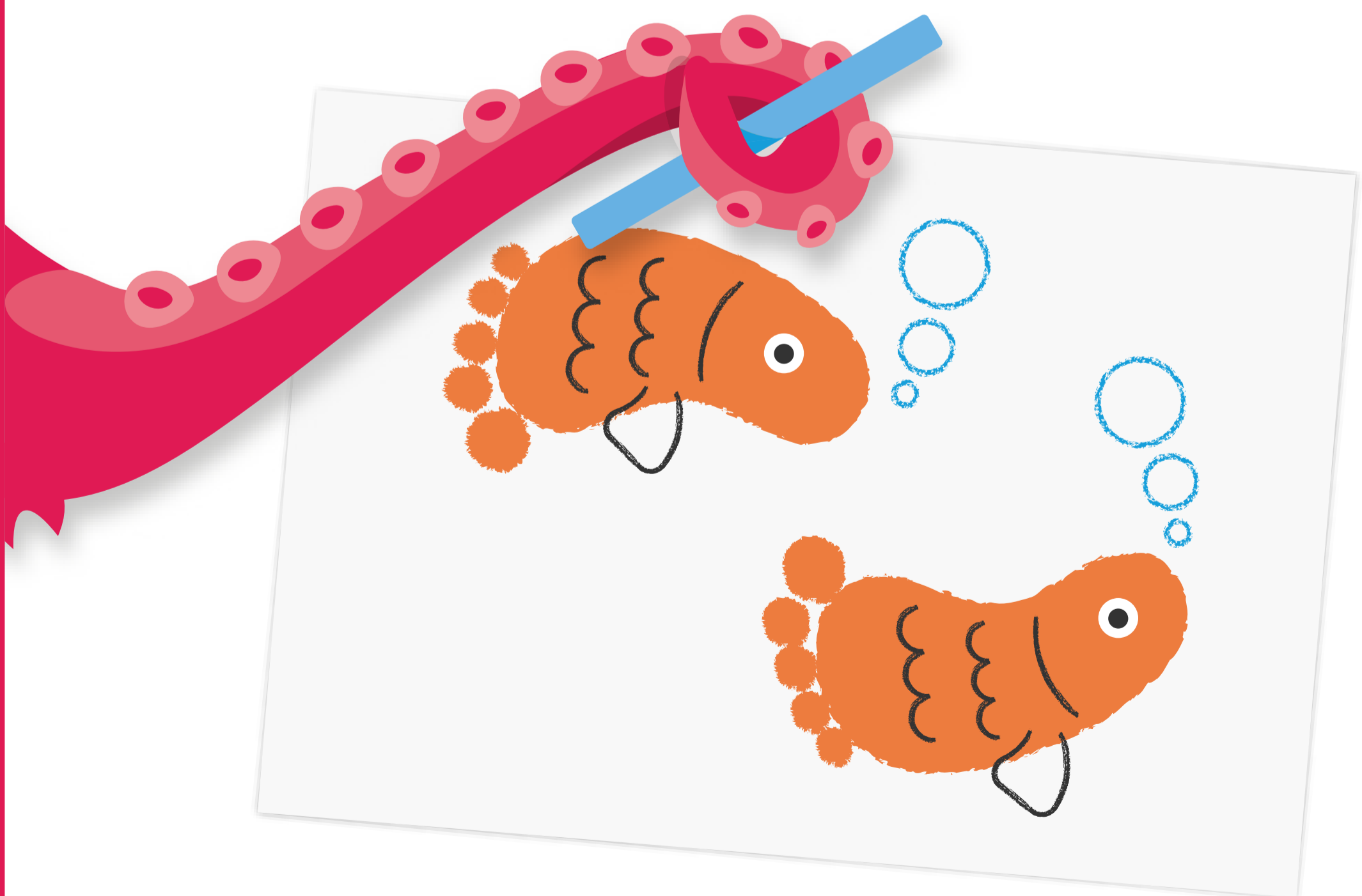
## Activity F

# Fishy feet

Place your foot on a piece of paper.

Draw around your foot with a pencil or crayon.

Use the shape of your foot to design and create a funky fish – use your toes as the tail fin!





Activity G

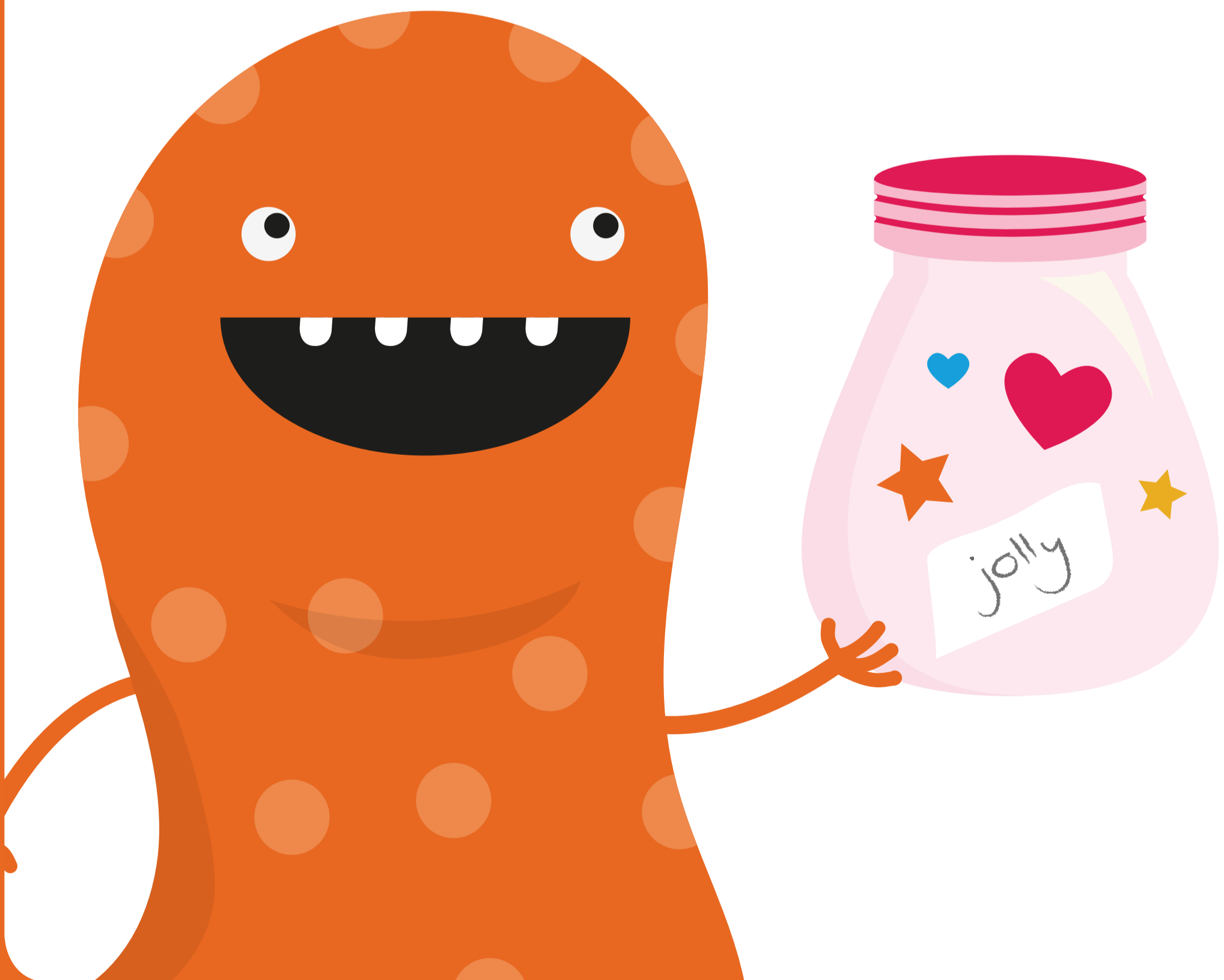
# Positivity

## Activity G

# Jar of joy

Find an empty jam jar and decorate it. Every day, put a positive word that starts with the first letter of your name into the jar.

For example, if your name is Jake you could use “joyful”, “jolly”, or “jazzy”.





Activity H

# Positivity

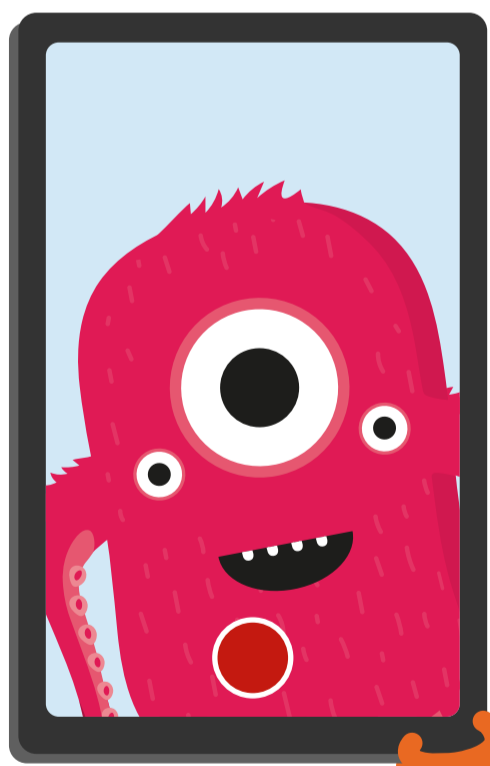
## Activity H

# World of hugs

**Phone or video call your friend.**

Create a list of 5 or even 10 things you like about them.

Take turns saying one thing you like best about each other.



**You're so  
creative,  
Sparky!**





Activity 1

# Positivity

## Activity 1

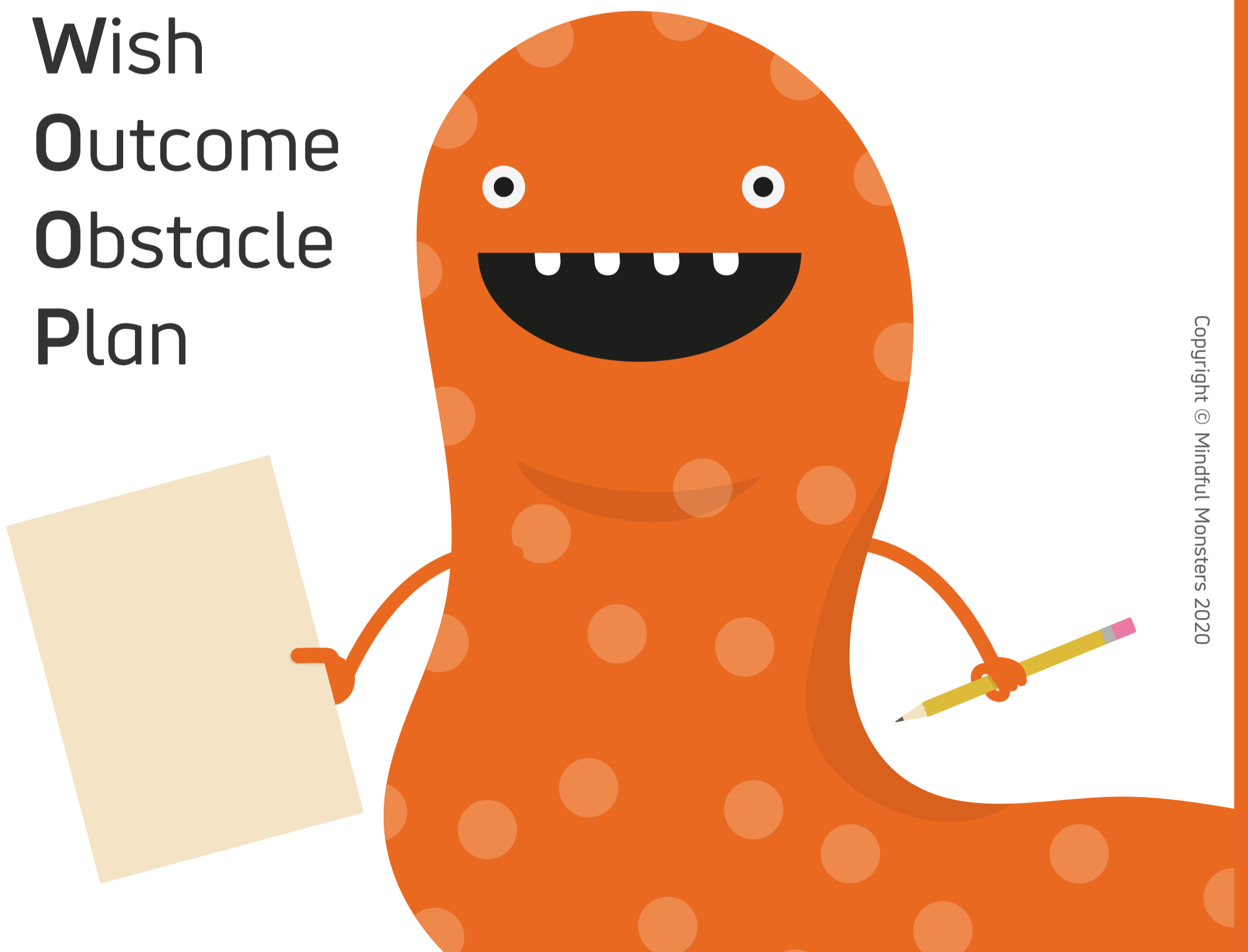
# Woop woop!

Think about the adventures you can have at home today.

You could bake, build or blow bubbles.

Get an adult to help plan your WOOP moment:

Wish  
Outcome  
Obstacle  
Plan





Activity J

# Relaxation

## Activity J

# Soapy bubbles

Pull up your sleeves and fill your sink with lovely warm water and some soap.

Rub your hands together. Do soapy bubbles appear?

Now, wash it all away till the water runs clear.





Activity K

# Relaxation

## Activity K

# Make a bed

Making your bed in the morning can help start your day with a calm, clear head.

Shake the big duvet! Can you pull it on tight?

Puff up the pillows! Can you tuck them in just right?





Activity L

# Relaxation

## Activity L

# Yoga tales

What is your favourite story?

Can you tell it using yoga moves and stretches?

Arms up high, can you stand tall?

Or curl up small, like a ball?

