

Screen Free Friday Activity Grid (5th February 2020)

For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the **creative** ways that we can share our feelings, our thoughts and our ideas. There are lots of activities here for children to complete over the day that focus on the theme 'Express Yourself' as well as other activities to improve mental health and wellbeing. We look forward to seeing and hearing about everyone's experiences of the day.

Music Painting

1. Play your favourite music or song, look up and close your eyes. Imagine the sky above you is changing colours to the sounds you are listening to.
2. Open your eyes and find a way to create an image of the colourful sky that came to mind.
3. You can create your imagined sky onto paper, card or a flat surface by using paint, felt-tip pens, crayons or bits of colourful recycled paper.



Go for a mindful walk

1. Stand and take several belly breaths; allowing your body to relax from head to toe.
2. Smile slightly. Smiling signals the brain that what is happening is pleasant!
3. As you walk, focus on the step of each foot as it rises up and then comes back down to the ground.
4. As you walk, stop and notice one object or sound and spend a few moments appreciating that one moment.



Make a pocket hug

Make a little token to give or send to a friend or loved one to let them know you are thinking of them.

You could use a simple running stitch and stuff the heart or use other craft materials that you have at home. Felt, foam, cardboard? Don't forget to decorate it and add a label like the one below.



Baking or Cooking

1. Find a recipe from a recipe book that you would like to have a go at making!
2. Follow the instructions carefully and take your time.
3. When it is ready to eat and share, don't let a second of pleasure pass you by unnoticed - the scent, how it feels in your hand, against your lips, the flavour on your tongue, the texture as you chew and the sensation as you finally swallow it. Even more delicious when you savour it!



Desert Island !

Imagine you were on an island by yourself... **write about your experience.**

What food would you like to find on the island?

What music would you like to hear?

How would you spend the day?

If you could have any art materials with you, what would they be and what would you make?

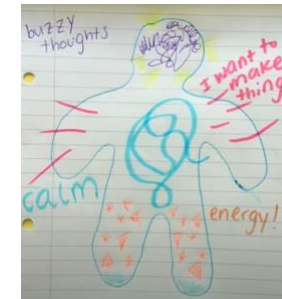


Create a poster about yourself and present it to your family.



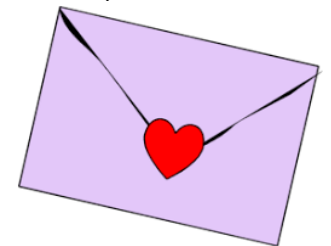
Draw your feelings

1. Draw an outline of your body. What do your legs feel like? What colour would they be? How about your tummy? Your chest? Your shoulders?
2. Use different colours/ lines/shapes to show these feelings. You might even use words.



Write a letter to a loved one and post it to them

- Share what you have been doing in the past weeks.
- Ask questions.
- You could include a happy memory to put a smile on their face. 'Do you remember when...'



Practice for and stage a concert for people at home.

Don't forget to:

- Make a poster for the performance
- Create tickets
- Create a programme.

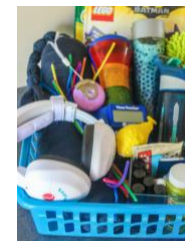


Create a set of masks that express different emotions



Make a Calm Aid Kit.




You can choose things like a blanket to wrap around yourself, a smooth stone to hold, something that was given to you by someone important to you, the lyrics of a happy song or a poem that makes you feel positive. **Draw a key for your box** and explain how each makes you feel and why you chose it.



Make a 'Let It Go' box.

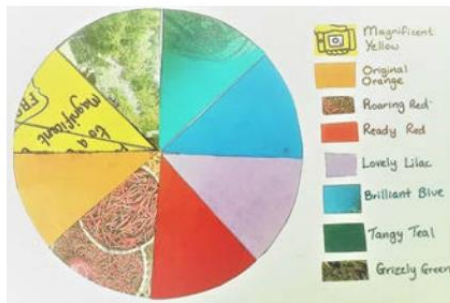
1. Find a box, something small like a shoe box or a chocolate box. Cover and decorate it.
2. Write down what's worrying you on a piece of paper and place it in the box.
3. Tell yourself that you don't need to think about the worry at the moment and you can let it go and leave it in the box for now.

You can do this as many times as you like.

<p>Write 1 or 2 words about how you're feeling.</p> <ol style="list-style-type: none"> Using a notebook, Art box or your mood journal draw a heart or a star for yourself and write 3 kind words or messages to yourself. Remind yourself that no matter how difficult things feel, you are not alone - someone in your street, neighbourhood, town or city is likely to be feeling similar emotions to you right now. Draw a heart or a star for someone else who is feeling like you do and write 3 kind words for them too. You can do this for as many people you like. 	<p>Draw yourself as your closest friend or a close family member would describe you.</p> <p>Remember, they can see who you are as a person as well as what you look like.</p> <p>Draw or write the positive qualities they notice about you, especially the ones that you find hard to see yourself. Include things like being kind, patient and fun.</p> 	<p>Music and Moving</p> <p>Create a playlist of all your favourite tunes that bring you joy and make you want to move your feet.</p> 	<p>Decorate eggs to look like your friends or family.</p> 
<p>Create a colour wheel which represents your inner world</p> <ol style="list-style-type: none"> Draw a large circle onto paper/card by using a compass or tracing around a circular object, then cut it out. Fill the circle by cutting and pasting, drawing and/or 	<p>Create a colour squiggle which represents your inner world</p> <p>On a piece of paper draw a squiggle - close your eyes to make it more fun! Add in some twists and turns so the lines cross over each other. Colour in/ paint as many sections as you wish or cut and paste from magazines/newspapers/recycled</p>	<p>If you had a friend called...</p> <p>If you had a friend called Fear, how would you describe them? Write a character description for 'Fear'</p> <p>If you had a friend called Worry, how would you describe them? Write a character description for 'Worry'</p>	<p>Create a 'Forest of Calm'</p> <ol style="list-style-type: none"> Draw or paint tree trunks onto a piece of plain paper or card. For the treetops, cut different sizes of coloured or recycled paper to stick above the trunks. Details such as branches, leaves, flowers or fruit can be painted or drawn on top at

painting with your choice of colours.

3. For equal parts: fold the circle in half a few times or divide it using a protractor/ruler.
4. For a mosaic effect, cut/tear your coloured bits of recycled paper into little squares and paste them onto your circle.
5. You could write words on your colour wheel or include a key which describes each colour such as 'glowing green'



materials. Now look at your creation. Can you spot any images or symbols hiding in your squiggle?



If you had a friend called Brave, how would you describe them?
Write a character description for 'Brave'

Write a story about these 3 characters. You could create more characters too.



the end. Alternatively, use pipe cleaners or twigs for the trunks/branches.

4. Tissue paper, cotton wool, or even real leaves and flowers can also be used for the treetops or forest floor!

Which three words best describe your Forest of Calm? Imagine taking a walk through your forest. **What can you see, hear, smell, taste or feel?**



Pebble art

On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints, paper, glue and felt-tips.



Stress Balls

Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release. Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.

Use your recycling waste to create something new for 2021



Make a dreaming den with a blanket, a pillow and a teddy and have a nap



Thank You

Make a poster of all the people you are thankful for. For example your teacher, the postman or the person that delivers your weekly food shop. Display in your window!

This is me

Answer the following about yourself:

- Things that make me feel happy
- I would like to become
- My favourite food
- My favourite subject at school
- My least favourite subject at school
- Things I like doing in my spare time
- My favourite food
- The animal I would like to be
- Someone I admire a lot

Make a list of 7 kind acts to complete at home

Throughout the day, try to complete each kind act. Tick them off as you complete them.

