

Dear Parents,

These are a few activities that could be used at home during the break from school if your child is feeling upset/angry/anxious. Your child may not want to take part in the activities and that is ok but if they are having access to a computer, these links may be a good way of ensuring that they are taking part in active, mindful age-appropriate activities. Most of the activities do not need access to a computer and once your child finds an activity they enjoy, they can do the activity indoors or outdoors. As with any online resources, it is important that you view the content yourself first in order to ensure that the content is suitable for your child. There are lots of resources that you can use that you may already have at home e.g. colouring books, stories, puppets, cooking utensils, costumes, sand and water that are all great ways of keeping your child engaged in meaningful activities that they will enjoy in their home with their siblings and/or families.

### Suggested Activities

#### 1. ART

##### 10 ART ACTIVITIES YOU CAN TRY AT HOME

- Deal with anger and sadness by drawing, painting, sculpting or crafting what you're feeling.
- Let your creativity flow in response to music to let out feelings and just relax.
- Think about what makes a perfect day and then draw, paint, sculpt or craft it. Make one of the things happen.
- Draw or paint your self-portrait reflecting where you see yourself in the future.
- Work on overcoming some of the unpleasant aspects of your life by drawing, painting, sculpting or crafting a place where you feel safe.
- Create a motivational collage and view it daily to help keep you moving forward. Use magazine cut-outs or print and cut out images from Google Images or Pinterest, etc.
- Creating drawings of your good traits to help you to become more positive. Look at the pictures often.
- Document your gratitude visually. Paint or collage a work that represents these things.
- Create a blot art. Fold the paper in half with paint or ink in the middle and describe what you see when you unfold it.
- Collect and use natural materials to get in touch with the more primal side of your personality. Using the materials, draw, paint, sculpt or craft your feelings or imaginings.

Source : <http://stressreliefmeasures.com/art-therapy-techniques>

2. <https://positivepsychology.com/mindfulness-for-kids/>

There are lots of different ideas and information on this page but please make sure that any of the activities are age appropriate for your child. The information on the page is good but some of the activities are more suitable for teenagers or young adults.

3. <http://www.actonpurpose.com.au/Mindfulness-activities-for-young-children.pdf>

## MOVEMENT

4. The learning station <https://www.learningstationmusic.com/>

5. Cosmic Kids <https://www.cosmickids.com/>

6. Joe Wicks(The Body Coach) Workouts for children  
<https://www.thebodycoach.com/blog/my-mission-to-get-1-million-school-kids-exercising-in-a-week-138.html>

7. Fit in Five

<https://www.youtube.com/watch?v=sLMGJ9S0seE&t=13s>

8. 10 at 10

<https://rtejr.rte.ie/10at10/>

## STORIES

7. <https://mindfulness4u.org/mindfulness-activities-children/>

8. Guided Meditation for Children | THE CLEVER FOX | Kids Meditation Story

<https://www.youtube.com/watch?v=xtMHCVBgV00>

## MUSIC

9. Disney Piano Relaxing Music

[https://www.youtube.com/watch?v=g8NVwN0\\_mks](https://www.youtube.com/watch?v=g8NVwN0_mks)

<https://www.youtube.com/watch?v=LzhP4S7gV5w&t=1152s>

10. Any songs that the child enjoys listening to or there are lots of instrumental versions of songs on YouTube that your child may enjoy singing along to/playing an instrument to.

## OUTDOORS

11. <https://themindfulgardener.blog/category/children/>
  
12. <https://www.calmmoment.com/mindfulness/7-ways-to-garden-mindfully-and-find-your-inner-calm/>
  
13. <http://www.communityplaythings.com/resources/articles/2014/gardening-with-children>