



This weeks wellbeing is based around creative visualisation. Creative visualisation takes you to wherever you want to go, a total escape from the real world.

Here is a link to a creative visualisation to help the children with their story / picture / painting for this weeks task, at the end of the recording they are asked to draw a picture / paint an image or write a story, the visualisation will help spark their imagination.

<https://www.youtube.com/watch?v=GB3TMOJBeY4>

This next activity is called a **Scent Bag / Bag of happiness**

This activity focuses thinking, brings back lovely memories and creates a sense of calm.

Materials – organza bag (they can be got in Delaz or Mr Price), cotton wool, selection essential oils – I got mine in Johnstown garden centre, they can be bought in chemists also.

1. Ask the child to take some time to smell all the oils and decide which makes them happiest
2. Think of a happy memory.
3. Take a cotton wool ball and put some drops of the oil on it while talking about the happy memory.
4. Fill the bag with wool balls and keep somewhere you can access easily. Some children like to put them beside their bed. Some children might like to put them in their school bag when returning to school in September.