



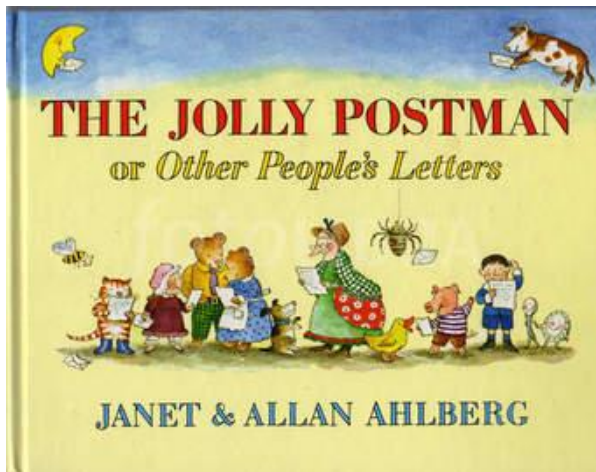
Word of the week is:

Theme of the week is:

## Feelings

## Communication

### Activity 1: **Indoor Activity** 👍👎



Watch: [https://youtu.be/gpeo\\_0yoD0k](https://youtu.be/gpeo_0yoD0k)

### Activity 2: **Creative Activity** 👍👎

You will need;  
Pens, paper and  
imagination.



The Jolly postman delivers  
messages to lots of  
different people.

Create a picture or write a letter to  
someone in your house and you can be  
the Jolly postman. Post pictures under  
doors, leave messages in special places,  
for example next to the tv or in the  
garden, under a stone or in a bush.

### Activity 3: **Outdoor Activity** 👍👎



You will need;  
A container with some water in, an old  
toothbrush or paint brush, some sunshine  
and a dry wall or paving.

Using your paint brush and water, draw  
pictures and write on the path for family  
to see and then watch it as it dries.

### Activity 4: **Paper cup telephones** 👍👎

You will need:  
2 paper cups  
Cotton thread, string or wool  
A pin to create a small hole  
(adult supervision required)



Make a small hole in the middle of the  
end of each cup. Cut 2 metres of string  
and then place the ends through the  
holes in the cups. Tie the ends in a secure  
knot. Hold one cup to your ear and give  
the other cup to a member of your family.  
Pull the string tight and ask them to talk  
into it. Can you hear them?

Activity 5: **Family Time** 👍👎

Jar of Wishes. You will need:  
An empty jam jar with lid  
Some paper or post it notes

Because of the virus, we have had to stay at home to keep ourselves, our family and our friends safe and well. Talk to your family about the things you miss the most. How does this make you feel? Things that you maybe didn't think were special, but now you haven't done them for a while, you realise they are special.

This is what we call 'taking things for granted'.

Write down what you miss and talk about if you took this for granted. Pop it in the jar and store your wishes so that you can do these things when we are not having to stay at home anymore.

Activity 6: **Creative Activity** 👍👎

Make a Time Capsule. You will need:  
A plastic bottle  
A recent newspaper

Messages to people about how and why you are not at school and what it is like to not be in school. Write messages about how you feel.

Don't forget to put the date on it!

Place all these things in the bottle.

With adult supervision, bury this in your garden.

It can contain messages for people to read in a year's time, 5 years' time, or 20 years' time!

Have fun

Activity 7: **Creative Activity** 👍👎

Make a comic strip



You can create your own story using your own drawings. You might like to add this to your time capsule!

Here are some ideas to help you create:  
How did it feel?  
What did you do?  
How did you survive?  
What was great?  
What was not so great?  
What did you learn about yourself and your family?

Activity 8: **Time to Grow** 👍👎 (Adult)



It is more than likely that you will recognise some of your fears. Today, it is really important you give yourself time to acknowledge this and allow yourself to move between the zones. Be compassionate to yourself. Your children will learn to do this if you do too.  
#selfcare

