

14 DAY CHALLENGE

Parents and Teaching Staff

We have put together **our 4th Pack** of activities for your children. Each activity is hyperlinked to a resource on the ELSA Support website. Basically this means if you click the BLUE TITLE of each activity it will take you to a page on our website. You can download and print the activity for your children.

The activities will help your children's wellbeing at this difficult time and hopefully help to keep them occupied in a proactive and beneficial way.

These activities could also be used during holidays.

You can do them in any order or miss days out. It doesn't really matter. It is purely there for you to use if you need to.

School staff you may choose to print out some or all of the activities for the children to take home. You also have permission to email the pdf of this file to parents if you want to. You may also host this file on your websites.

♡♡Debbie♡♡

You can find the other challenges here. Please click the pictures to take you there.

ELSA SUPPORT 14-day Home Challenge
Click the BLUE writing to take you to a resource which you can download and print

I Am Kindness to yourself challenge	Barbecues full of happiness	Rainbow mood tracker	Rocky Top	Wellbeing Rainbow
Lockdown reflections	Warm and fuzzy jar	Feelings boat	About my Peas in a Pod	Power-ups game
Showering YOU!	Ball a story	Seedy Smiles	Take away bag	

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Design a worry monster	Roll a dice and guess	Friend's Booklet	Sharky Story	Happy Visualisation
A-Z about me	About me Mosaic	Characteristics	EASTER Challenge	Pieces of me
When you're feeling worried	My time in Year...	Calm and Relax	ELSA Support Self-esteem challenge	

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Happy fish Booklet	Jar of Courage	Flag in a Bag	Star Breathing	Self-esteem Booklet
Handed Flip-Flap	Happiness Challenge	Handed Vines	Handed Rainbow Walk	A-Z of Self-care
Handed a Day	20 Faces	Handed Challenge	My Perfect Day	

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Affirmations Fortune Teller

Pick one of the characteristics and spell it out by moving the fortune teller. Pick a number and move the fortune teller that number of times and then they pick another number and look to see what the affirmation says.

Smiling challenge

Smiling has so many benefits why not try this smiling challenge?

Gratitude and Emotions tracker

Track your mood and things you are grateful for or appreciate. We can all think of the good things if we try hard enough.

Inside feelings

Use this resource to explore your inside and outside feelings. You might look sad but feel angry inside.

Positivity cards

Use these to help give yourself a boost each day. Perhaps you could make some of your own positivity cards and give them to your family members?

Gratitude walk

Use your senses when you go out for your daily exercise. What can you see, hear, feel, taste and smell?

Colour your characteristics

Give your self esteem a BIG boost by colouring in all your positive characteristics

Mini Gratitude tab booklet

Cut out your booklet carefully and then think of all the things you are grateful for. You can categorise by using the tabs at the side such as 'home', 'school', 'friends' and so on

Mindful masks

Try some mindful colouring today by choosing some masks to colour. Really enjoy the feeling of relaxation as you do your colouring

Make a funny face

Make a funny face or an emotion face with this simple exploratory activity.

You can draw eyes and mouths, cut them out and glue to the face. You can add colour and hair if you wish.

Positivity potion

What would you put in your positivity potion? A pinch of kindness

A dollop of bravery

A sprinkle of loyalty

Mindful minute bookmark

Make this bookmark up to remind you about taking time to relax and be mindful



Happy Flip flop

Write or draw what makes you happy behind the smiley face.

Mindfulness affirmations

These mindfulness affirmations are a combination of mindful colouring and affirmations. Can you think of an 'I am' and 'I can' statement?

