

# 14 DAY CHALLENGE

## Parents and Teaching Staff

We have put together 14 days 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.

This list of ideas has been asked for by school staff in case of self isolation due to the current virus. 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♡♡

# ELSA SUPPORT 14 day Home Challenge

Click the BLUE writing to take you to a resource which you can download and print.



## Happy tab Booklet

Look at the five things you can do each day to help you feel happier. Developing relationships with others can be done by telephone or video chat. It could also be done by writing a letter or by making a card for someone.

## Jar of Courage

Make a jar of courage with help from an adult. Put the labels on your jar and fill it up with the positive quotes. Take one out each day and read it. Believe it!

## Hug in a Mug

Give yourself a hug in a mug. Decorate the mug and add all the things that make you feel happy in the pieces of marshmallow

## Star Breathing

Learn how to do star breathing so that you feel nice and calm when you feel either anxious, angry or upset. I bet you could draw your own star too. See if you can copy the poster and draw your own.

## Self-esteem Bookmark

Colour your own self esteem bookmark and read it every day to remind yourself how amazing you are. You can use it when you read your book. You can do lots of reading at this time

## Mindful Flip Flop

Some lovely mindful colouring today. I wonder if you can manage to colour all the sections and think about the words. Can you find time to really relax today? Enjoy opening and closing your flip flop!

## Happiness Challenge

There are five days worth of activities here but I bet you could do them all in a day if you set your mind to it. Lots of lovely happiness fun!

## Mandala Wishes

Today you need to draw your picture in the centre of the mandala and then think about your wishes. Write them in the petals and then do lots of lovely mindful colouring.

## Mindful Rainbow Walk

You might only be able to go into your garden if you have one but you could do this around your house and by looking through the windows. What do you notice?

## A- Z of Self-care

What can you do to look after yourself today? Read through the poster and then make your own A-Z of self-care.

## Doodle a Day

Doodling is relaxing. Try filling this all in today. What creative doodles can you do?

## 20 Faces

Can you fill in all the faces with different expressions? Think about all the emotion words you know and try and put a face to each one.



## Mindful Challenge

There are five days of activities here but I bet you can do them all in a day if you set your mind to it. Have a lovely mindful time!

## My Perfect Day

What would your perfect day look like? Fill in this comic strip with all the things that would make it just perfect.