

ELSA – Home Learning Plan

Summer Term 1 Week 2

Hello again my special ELSA friends! I hope you are able to enjoy some of this lovely weather. Well, I have actually got around to painting my bedroom, which some of you know I have been meaning to do for ages! It has meant that I have even tidied up all my cupboards in there and sorted a lot of things out. I have even got some bags to take to the charity shop when they are open again. It felt really good to have a clear out and now is a great time to do it. Why not have a good clear up, sort out and tidy up of your room? It gives you a really positive feeling when you have spent some time organising your space, and is very satisfying indeed. It made me smile after all my hard work!

Here are some other activities you could try when you are at home.

- Keep empty washing up bottles. Rinse out and then fill them with water and take out into the garden, on your path or wherever you can outside and make pictures on the ground with water. You can 'draw' different faces showing different feelings, write words with them, or challenge your family to a noughts and crosses game! Have fun being creative with something that needs no clearing up afterwards! Double joy!
- Fill an old balloon with dried rice or lentils and tie it securely to make your own 'stress ball'. One or two of you may have already done this with me in the Nest during our special Elsa time. If so, why not make one for someone in your family?
- Try some breathing exercises to help you relax. Find a quiet place where you like to be and sit still. Close your eyes. Breathe in through your nose slowly for 3 seconds, hold onto your breath for 3 seconds then breathe out through your mouth for 3 seconds. Try this or 4 or 5 times. Whilst you do this think of something that makes you feel happy. Does it help you feel relaxed and calm? I know it helps me after a busy day at school!
- Are you filling up your happy jar? If it is getting too full you can keep your little pieces of paper and stick them into a notebook or make a poster with them. Perhaps make your own mobile by attaching the paper from cotton and sticking them onto a clothes hanger. Or attach them to a long twig, stick or bamboo cane and hang them in your window. There are many things you can do with them. Can you think of other ideas?

Keep smiling and know I am thinking about you often and I look forward to seeing you again. Best wishes from Mrs Porter.