

ELSA – Home Learning Plan

There are many activities we can do to support the emotional wellbeing of our children. Here are a few ideas that you may like to do with your child which support positive wellbeing. Some involve craft activities, some physical movement, some just involve spending valuable time together. Whatever you chose to do, make it fun and enjoy being together.

Reading and Story Time.

- Reading books – this does not have to be school books, any books you have at home, familiar or new. Share quiet time together, make it special, maybe enjoy a ‘snack and read time!’
- Talk about the story. What happened? Did you like it? How did it make you feel? Who was your favourite character? Why did you like them? Who didn’t you like and why? What would you have done differently? How did the characters feel? Act out favourite parts of, or even the whole story. Take turns to become different characters.
- Your child can make up their own story. Create a book with folded paper and they can add pictures and illustrations. Maybe they can be a character in their story! Talk about how the characters may be feeling.

Feelings and Emotions

- Look out the window or go into the garden. What signs of spring can you spot? Draw a picture of the signs of spring. Talk about new beginnings, new buds and shoots on the trees and flowers, and how Spring makes us feel.
- Go on a Spring Hunt. You can use the Spring Hunt Checklist from the Twinkl website, or create your own together. Being outside, even in the garden, has many benefits to all our wellbeing.

- Create a Spring picture using different materials, bits of tissue paper, card and materials. You can go also outside to collect twigs, feathers etc. to use.
- Weather – What is the weather like? Use different words to describe the weather each day. Your child can make a Weather Diary and draw a picture of it each day. Does the weather affect how we feel? Talk about why. Go outside and ‘feel’ the weather with our bodies and minds.
- Follow a recipe. Help your child to follow instructions. Can they remember the instructions and their order once they have finished? Ask them to repeat the instructions to you. Take photos of the finished dish. Healthy eating can also be part of this activity. Talk about how we can keep well and healthy by eating the right things.
- Compile your own favourite family recipe book. Cooking can be therapeutic and relaxing, and cooking together with a loved one is a great way of building and strengthening relationships. Healthy eating can also be part of this activity. Talk about how we can keep well and healthy by eating the right things.
- Listen to a song on the radio. Talk about how this song or music makes your child feel. Paint or draw a picture about how it made them feel.
- Try something new. How did it feel? Ask your child to draw how it felt using different colours to show their emotions.
- Make Feeling’s Fans for the family with different emotion pictures and a keyring, or use faces and draw different emotions on each to show how you are feeling. Talk about these feelings. Have a regular ‘check in’ time each day to share feelings.

- Find a stick and decorate it with paint, glitter, curling ribbon, card shapes to create a magic wand. Talk about what you would use the wand for and then decide what you would wish.
- Use bubbles outside. Use breathing slowly and quickly to make the bubbles. Talk about how breathing can help us feel calm. Practice using slow, gentle breathing to best make bubbles, and how this makes us feel.
- Create a poster about ourselves. Think about how we are unique. What length and style of hair do we have? What is the colour of our eyes? Are we tall, short or medium height. Are we good at sport, reading, sewing, dancing, telling jokes? What are our strengths and talents? Are we kind, funny, creative, tidy? Add in all the words you and your child can think of to promote their self-esteem and positive identity.

Looking after our Physical Wellbeing

- Create an obstacle course together, perhaps a Pirate Treasure Map! You can do this outside if the weather permits (use chalk etc.) or inside. You can make different activity stations where they have to:
 - Balance on 1 leg with a pillow on their head for 1 minutes
 - Walk the Plank, use masking tape etc. to create a thin straight line for the plank.
 - Hop on 1 leg to pick up a magic shell.
 - Crawl through a pretend cave under a table etc.
 - Find buried treasure hidden around.
 - Swim to the Treasure Island avoiding the sharks!
 The possibilities are (almost!) endless.
- Build a den. Use different household materials to make a den such as Sheets, blankets and pillows. Talk about what you have used to make the den, and how you have worked together and problem solved to make the best one you can. Talk about feeling safe in our safe places, and where these places are.

- Have a mini family olympics outside. Use different obstacles and activities to score points, some given not for winning alone, but for effort too!

Useful Websites –

www.elsasupport.co.uk – Has a parent section suitable for parents to use with emotional awareness and wellbeing.

[Twinkl](https://www.twinkl.com)