

Emotional Wellbeing **Pack**

**At this incredibly
difficult time it is
important to look after
your family's emotional
well-being. Please find
some activities in this
pack to help with this.**

**Positive Affirmations can be a great
way to boost your child's wellbeing.**



25 POSITIVE AFFIRMATIONS

#1 YOU ARE LOVABLE.

#9 You belong.

#18 YOU OWN THIS.

#2 YOU ARE AWESOME.

#10 You matter, No matter what.

#19 Believe in yourself.

#3 You are worthy.

#11 You bring joy to this world.

#20 Trust yourself.

#4 Trust your wise voice within.

#12 YOU ARE SMART.

#21 You are beauty-filled.

#5 You are strong.

#13 You are adventurous.

#22 You are strong like a mountain.

#6 YOU ARE BRAVE.

#14 Treat yourself with compassion.

#23 You are resilient like a river.

#15 Talk to yourself like you would a friend.

#24 YOU ARE FREE LIKE THE SKY.

#7 Stand tall with self-respect.

#16 You are enough.

#25 YOU CAN GET THROUGH HARD THINGS.

#8 Be courageous with your gentle heart.

#17 Step into your power.

WHOLEHearted
SCHOOL COUNSELING

Creating a glitter jar is great way to focus your mind if you concentrate on the glitter falling

Create a GLITTER JAR

- ★ Finding a jar or plastic bottle and allow your child to decorate it however they like.
- ★ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- ★ Seal the lid and you are ready to go.



Make a breathing wand

You will need

- **2 toilet rolls**
- **Shredded paper**
- **Pens for decorating**

Decorate one of your toilet rolls and cut a small strip of the end of the other.

Stick the shredded paper or ribbon strips onto the cut of strip.

Stick the cut of strip sideways onto the other toilet roll.

Blow through the hole relax your breathing watching the paper or ribbon blow away imagine your worries blowing away with it.

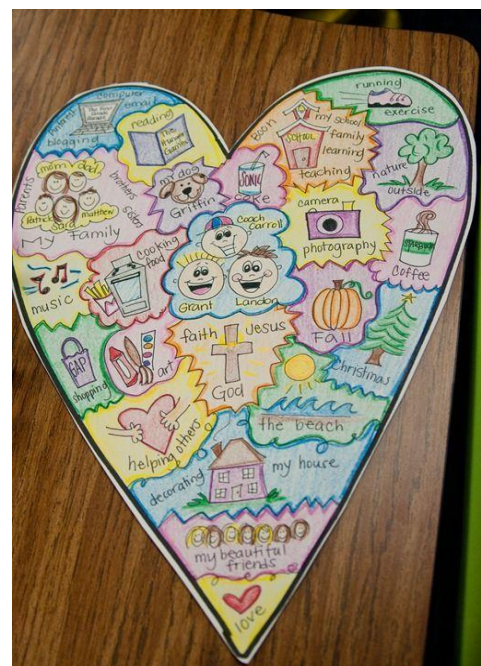


Make a worry Jar

Find an old jar, write down your worries and place them in the jar discuss these worries with an adult at some point during your day then leave them there and spend the rest of the day thinking about happy things.



Draw a heart and fill with all the things that you like to do or things you love



**Here are some links for Youtube
meditation videos to help relax you
and to help you sleep**

Hot air balloon ride

<https://youtu.be/vlv6Y1tq1sQ>

Frozen

<https://youtu.be/q9TUI00Is2s>

Friendly Dragon

<https://youtu.be/bhom2G4DHM0>

The Enchanted Story Book

<https://youtu.be/Y61Qq9MvTBw>

Magic Sleep Tent

<https://youtu.be/W2bQ850ryII>