



**Holy
Family
Catholic**
Multi
Academy
Trust

KS2/3 Activity Pack 2020

These packs have been created by a team of staff from across our 5 schools. We hope that the activities contained within support our children and young people at this time.

Welcome



We all have mental health and it affects how we think, feel and act. Some people call mental health 'emotional health' or 'well-being' and it's just as important as physical health. Your mental health doesn't always stay the same and can change depending on what's happening in our lives at a certain time, and as we move through different stages of life. We all have times when we feel down or stressed or worried. However, if we are struggling with our mental health it can affect our functioning and everyday life. Some common signs that someone might be struggling with their mental

health include:

- A change in sleep pattern (sleeping more or sleeping less)
- Not engaging in usual activities/ hobbies, and/ or not having the same enjoyment from these
- A change in appetite (eating more or less)
- Change in mood (presenting as tearful, withdrawn, anxious)
- Having thoughts of self-harm and/ or suicide
- Any other change in behaviour
- Physical symptoms; headaches, stomach aches, feeling sick

This newsletter will help you with different aspects of your wellbeing and provide you with ideas and activities under headings such as:

Physical health & wellbeing

Arts and crafts

Activities with the family

How to improve your mood

General Wellbeing knowledge



Physical Health and Wellbeing

KEEP
LEARNING

What are the benefits of being active for at least 60 minutes each day?

- Improves cardiovascular health
- Maintains a healthy weight
- Improves bone health
- Improves self-confidence
- Develops new social skills

Keeping fit ideas:

YouTube: The Body Coach TV/Just Dance/
Yoga Adrienne

Garden: Household Relay race/
household items obstacle course or circuit training.

Keep fit tips:

- **Stay positive and have fun.** A good mental attitude is important. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like.
- **Take it one step at a time.** Small changes can add up to better fitness. For example, going on a longer walk or riding your bike instead of screen time.
- **Get your heart pumping.** Whatever you choose, make sure it includes aerobic activity that makes you breathe harder and increases your heart rate. This is the best type of exercise because it increases your fitness level and makes your heart and lungs work better.
- **Don't forget to warm up** with some easy exercises or mild stretching before you do any physical activity. This warms your muscles up and may help protect against injury. Stretching makes your muscles and joints more flexible too. It is also important to stretch out after you exercise to cool down your muscles.

The most important thing is to make a start. This might mean getting help and support from your family or with a friend over Zoom!

Making a plan can help you to keep going:

- Some people find using an exercise diary or timetable helpful.
- Writing the goals can make them easier to remember. Try to keep it simple and set a plan you can do for a few weeks. See how you do before you set the next target.

It is good to share our good news stories - check out your school's social media and see what everyone is up to! If you are feeling adventurous could you even write your own 'happiness' newspaper?

Here is the link to show you how to do it. ([Click Here](#))



Arts & Crafts

100+ INDOOR ACTIVITIES

CRAFTS

MAKE PAPER AIRPLANES
SALT PAINTING
MAKE SUNCATCHERS
MAKE SALT DOUGH
MAKE SPONGE STAMPS
MAKE A CEREAL BOX AQUARIUM
MAKE SCRATCH ART
MAKE YOUR OWN BOOKMARKS
PAINT PET ROCKS
MAKE RECYCLED CRAYONS
MAKE PAPER BOATS
FINGER PAINT
MAKE FRIENDSHIP BRACELETS
MAKE A BIRD FEEDER
MAKE PAPER BAG PUPPETS
MAKE HANDPRINT ART
MAKE A SCRAPBOOK
DECORATE T-SHIRTS
MAKE A THANKFUL JAR
PAINT LEAVES
MAKE A TIME CAPSULE
MAKE BUTTON ART
PAINT WITH WATERCOLORS
COLOR IN A COLORING BOOK
MAKE PAPER CRAFTS
BUILD A CARDBOARD CASTLE
MAKE TISSUE BOX MONSTERS
MAKE A TOILET PAPER ROLL
BUTTERFLY
STAMP WITH CELERY
MAKE CHALK ICE
MAKE PUFFY SIDEWALK PAINT
DRAW A SELF PORTRAIT
USE RUBBER STAMPS
DO SCRAPE PAINTING
PAINT A RECYCLED JAR
MAKE SUPERHERO COSTUMES

ACTIVITIES

MAKE PLAYDOUGH
MAKE SLIME
MAKE PLAY MUD
MAKE RAINBOW RICE
MAKE FAKE SNOW
MAKE A SENSORY BIN
MAKE A SENSORY BAG
BUILD A FORT
HAVE A PILLOW FIGHT
WRITE A STORY
MAKE ICE CREAM IN A BAG
MAKE GUMMY BEARS
MAKE FRUIT ROLL-UPS
HAVE A MOVIE DAY
PUT ON A FASHION SHOW
BAKE CUPCAKES OR MUFFINS
DO YOGA
BUILD AN OBSTACLE COURSE
MAKE DINNER TOGETHER
PLAY WITH MAGNETIC TILES
BUILD SOMETHING WITH LEGO
USE DOT MARKERS
BUILD A STACK OF CARDS
PUT ON A PUPPET SHOW
MAKE A TREASURE HUNT
INDOOR BOWLING
LEARN TO DRAW
PUT ON A PLAY
MAKE INDOOR HOPSCOTCH
DO A FAMILY CHORE TOGETHER
HAVE A DANCE PARTY
HAVE A TEA PARTY
PLAY WITH WATER IN A BIN
SET UP A PLAY STORE
MAKE A SOCK TOSS GAME
MAKE PERLER BEAD ART
WRITE IN A JOURNAL

GAMES

PLAY WOULD YOU RATHER
PLAY I SPY
PLAY SIMON SAYS
PLAY BOARD GAMES
PLAY HIDE AND SEEK
INDOOR SCAVENGER HUNT
PLAY BINGO
PLAY CARD GAMES
DO A PUZZLE
PLAY CHARADES
BUILD YOUR OWN GAME
PLAY FREEZE DANCE
PLAY HOT POTATO
PLAY MARBLES
KEEP THE BALLOON UP
PLAY DOMINOES
PLAY HANGMAN
PLAY TIC-TAC-TOE

EDUCATIONAL

READ BOOKS
DO A SCIENCE PROJECT
LEARN ORIGAMI
LEARN ABOUT A NEW ANIMAL
LEARN A NEW CARD GAME
LEARN TO SEW
LEARN TO KNIT
DO BRAIN TEASERS
LEARN A NEW LANGUAGE
LEARN ABOUT A COUNTRY



Arts & Crafts

Do you find yourself craving a little creativity in your life? Turns out, tapping in to that creative energy can actually Improve your overall health and happiness. It might sound too good to be true, but simply engaging in creative tasks improves your brain function, mental health and physical health.

Arts & Crafts

Recycle old books



Origami



THE DESIRE TO CREATE IS ONE OF THE DEEPEST YEARNINGS OF THE HUMAN SOUL.

DIETER F. UCHTDORF

Acrylic paint



Family activity



Drawn features



Paint on rocks, making cactus or to leave some kind words on your daily walk. You could make someone smile with your craft activity.

The worst enemy to creativity is self-doubt.

Creativity not only reduces depression and isolation, but can also help people sharpen their senses.

Use tin foil, make figures. Then why not create a stop motion animation?



Fun



Activities with the Family

CONNECT

Love baking?

Or is it something you've never tried, but together - you think you could? You'll find some great recipes here:

<https://www.bbcgoodfood.com/recipes/collection/snacks-kids>

<https://www.jamieoliver.com/family/>

<https://www.delish.com/>

Grow your own vegetables:

Not only will growing your own vegetables keep everyone busy for a while, but it might save you some trips to the shop too! Lots of shops sell kits to get you started, for example

- Aldi.

Feeling closer to Nature?

It is so important to be spending some time outdoors and looking and learning about our own wildlife. Check out the activities listed on the RSPB website for families - you may even feel you can 'sleep out' in your back garden if it is not too cold? There are tonnes of suggestions of small and exciting ways to learn about your own wildlife whether you have a garden, live near a great place to walk or even close to our fabulous coast-aren't we lucky to have so much outdoor space so close to us, wherever we live on the Wirral?

<https://www.rspb.org.uk/fun-and-learning-for-families/big-wild-sleepout/>

Have you noticed how many small birds you can see and hear now in your garden, or out of your window? The RSPB has set up a fantastic set of 'Wild Challenges' that are easy to complete and you can register your success on their website, please use the link below - but make sure you tell your teachers at school too! There is even a guide for which birds make each sound/call - listen, and find out who else is living in your garden or nearby trees.

<https://www.rspb.org.uk/fun-and-learning-for-families/family-wild-challenge/>



How to improve your mood



WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.
2. I may not be able to control this situation. But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it **one step at a time**. **Breathe**. And do the next right thing.

You are never alone #socialwork #support #children #families

NEVER ALONE

NSPCC 0800 800 5000 (24hrs)
 Mind 0300 123 3393 (Mon-Fri 9-6)
 Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)
 Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)
 Samaritans 116 123 (24hrs free)

National Domestic Abuse Helpline 0808 2000 247 (24hrs free)
 Victim Support 0808 168 9111 (24hrs)
 ChildLine 0800 1111 (24hrs)
 Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5or8pm)
 National Centre for Domestic Violence 0207 186 8270

TYPES OF SELF-CARE

PHYSICAL	EMOTIONAL	SOCIAL	SPIRITUAL
Sleep Stretching Walking Physical release Healthy food Yoga Rest	Stress management Emotional maturity Forgiveness Compassion Kindness	Boundaries Support systems Positive social media Communication Time together Ask for help	Time alone Meditation Yoga Connection Nature Journaling Sacred space

Three good things

Even on the most boring days there is something to celebrate. Record three good things that happen each day - download the app to help you record them. Some ideas to think about-Did you:

- **Help someone in your home?**
- **Connect with a friend or family member?**
- **Learn/do/achieve something new?**

Maybe download the 'ThreeGoodThings' App!



Ways to feel connected to others:

Write a letter to a family member and post it -wait to see if one is returned.

Send a text message to a loved one.

Tell people who you love that you miss them and can't wait to see them.

Be helpful to those that you may not completely know - draw a rainbow picture for your neighbour.

Send a voice clip message to your friend.



Connect and reach out to your neighbours

As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.

How to improve your mood

Get a good night's sleep!

Getting enough sleep can improve both our mental health and our physical health. It can give you more energy, help you to think more clearly and so feel more able to deal with your worries.

What can I do to get a good night's sleep?

- Environment (your bedroom)
- Use your bedroom mostly for sleep
- Tidy away distractions such as school work before you go to bed
- Cut out light and noise as much as possible
- Adjust your room temperature, so it is not too cold or too hot.



Behaviour

- Go to bed and get up at roughly the same time each day
- Do physical activities during the day (e.g. exercise, sport, walking)
- Cut down on drinks that contain caffeine (e.g. tea, coffee, coke)
- Before going to bed, avoid bright lights like watching tv, using a computer or playing video games
- Set an alarm if you need to get up at a certain time

Thinking

Sleep is something that you can't force to happen; trying hard to make yourself sleep can cause you to feel tense and anxious, which then makes sleep even harder.

Try these tips before going to bed:

1. Write down any worries; or make a list of the things you need to remember to do
2. Tidy away things that might trigger worrying thoughts, such as homework
3. Have a warm drink (not tea or coffee)
4. Maybe have a warm bath
5. Have something peaceful to focus on, e.g. calming music or a relaxation exercise

How to improve your mood

Gratitude

Gratitude means to be thankful. When times are tough, it's easy to focus on the negatives, and focus on our worries. Focusing on what we are thankful for can have loads of positive effects on our physical and mental wellbeing.

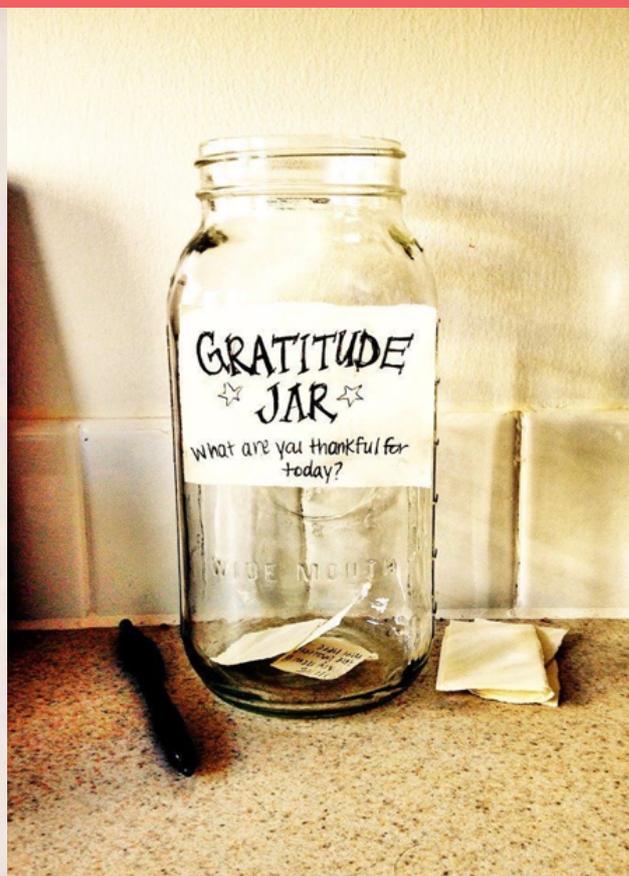
In the jar below, write 5 things you are thankful for.



Or how about making your own Gratitude Jar?

Keep an empty jar and give it a good clean. Each day write on a piece of paper something you are thankful for and put in the jar.

It may be a nice idea to ask your family to join you! You could decorate the jar too!



GOOD THINGS

HERE'S A HEALTHY HABIT YOU CAN TRY!
GRAB A GLASS JAR & A PEN
ONCE A WEEK, WRITE DOWN
GRATEFUL FOR OR THINGS THAT
A YEAR FROM NOW, DECIDE
READ THROUGH ALL THE THINGS
HAPPENED TO YOU THAT

Hope Jar

Another idea using a jar is to make a 'Hope Jar'. Everyday, write down something you hope to do/achieve when the Corona Virus is over. Then you will have a jar of loads of lovely things to look forward to!

<https://cafod.org.uk/content/download/51426/726694/version/1/Jar%20of%20Hope%20activity.pdf>

Worry Tree

Do you have worries? Follow this "Worry Tree" to help you decide what to do.



INGS JAR

YOU CAN START TODAY:
BACK OF INDEX CARDS.
DOWN WHAT YOU'RE
THAT MAKE YOU HAPPY.
JUMP OUT THE JAR &
POSITIVE THINGS THAT
THE PREVIOUS YEAR.



General Wellbeing Knowledge

Camhs resources

<https://www.camhs-resources.co.uk/downloads>

<https://www.mymind.org.uk/services-and-contacts/wirral/>

Young Minds

www.youngminds.org.uk

Kooth

<https://www.kooth.com/>

Anna Freud

<https://www.annafreud.org/on-my-mind/>

Chat 1-2-1 with a counsellor online

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Place2Be –

Guide to helping parents answer questions from their children and to support family wellbeing:

<https://www.place2be.org.uk/about-us/news-andblogs/2020/march/coronavirus-information-for-children/>

The Challenging behaviour Foundation

Information and resources to support challenging behaviour during the current crisis

<https://www.challengingbehaviour.org.uk/information/covid19information.html>

Elsa Support

A story book about the Corona Virus

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf>

Emerging Minds

<https://emergingminds.org.uk/resources/>

Action for Children.

Can't Talk, Write: helping young people to express how they feel. Downloadable workbooks and toolkits.

<https://www.actionforchildren.org.uk/what-we-do/children-young-people/mental-health/cant-talk-write/>

Phone numbers

CAMHS 24/7 Crisis line : 0300 303 3972

Childline: Comforts, advises and protects children 24 hours a day and offers free confidential counselling. 0800 1111 (24 hours)

Samaritans: 116 123 www.samaritans.org

Breathing Space: 0800 83 85 87