



Wellbeing

Funded by

Wiltshire Council

Wiltshire Short Breaks Activity Book

In this activity book there are suggestions for your child/ young person to engage with. Not all activities will be suitable or of interest to all of our young people, however there is a range of activities - sourced from online and from clubs - that we hope they will enjoy.

If you need any of the pages printed out please contact liz.james@barnardos.org.uk

Disclaimer

Included within this activity book are links to activities that are publically available on the internet.

Please ensure that you are happy for these to be shared with your children / young people by checking the links beforehand and also check any recipes for any allergies etc. Whilst we have done all we can to ensure the appropriateness of the content Barnardo's cannot take any responsibility for the content of these web sites or any links within them.

We would advise all parents to read this article to ensure the safety and wellbeing of your children online.

https://www.thinkuknow.co.uk/parents/support-tools/support-your-child-at-home?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-54111457

HELLO



"Hello, I am Freya, I love painting and getting messy!"

I really love painting BIG, my favourite animals are newts.

I really like soy sauce, a lot!

*"Hello, I'm Beth! I like reading & love the Gruffalo :)
I love spending time with my dog.
I also really like Chocolate cake!"*



Hello, I'm Tia, I love all things Harry Potter and Disney! You can always catch me reading a good book, doing a jigsaw puzzle or spending time in the sun 😊

Together we've been working on this activity pack for you. We hope you enjoy it :)

Make your artwork the next cover!

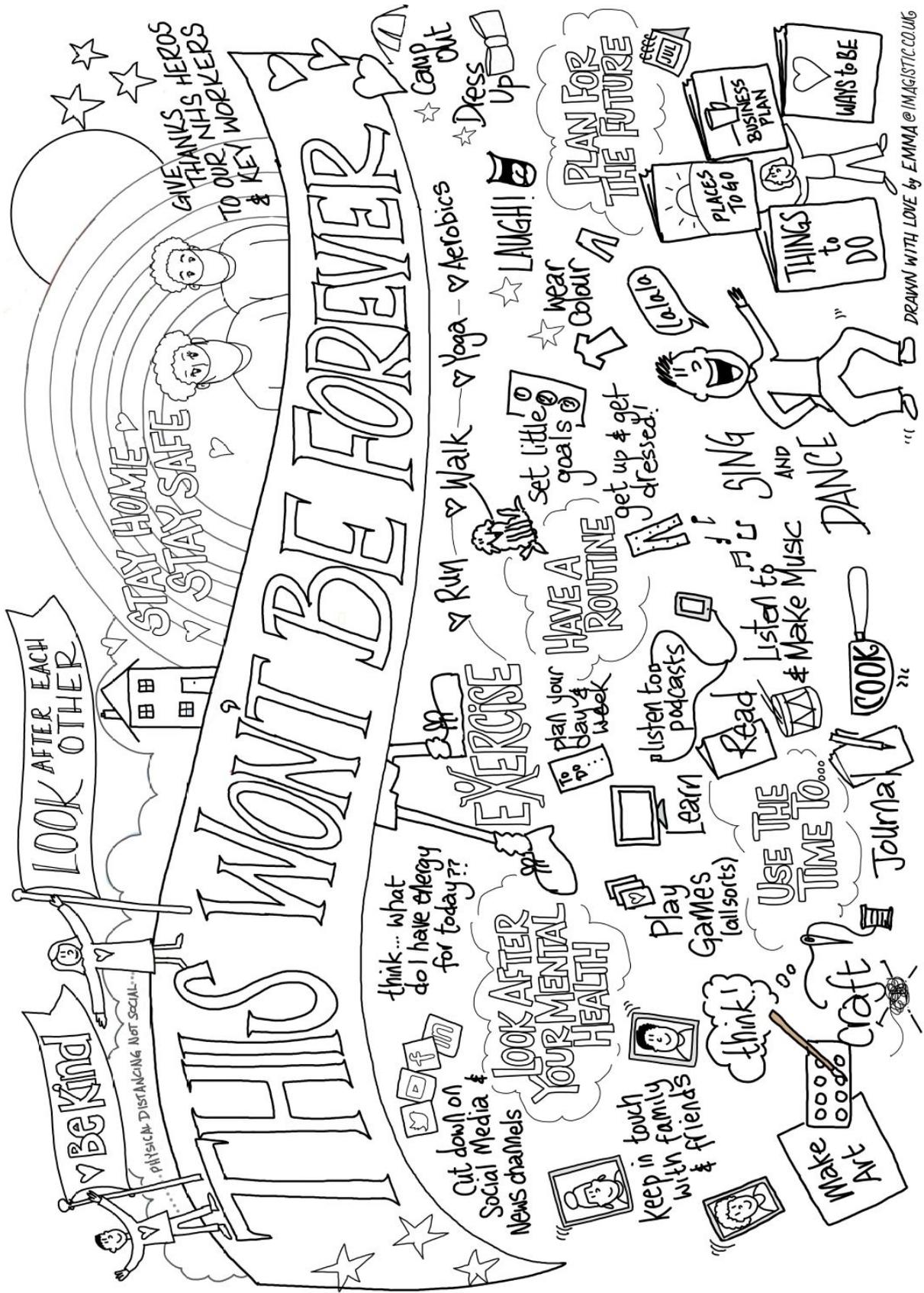
You will need to make your artwork, it might be a photo of an activity you have made from this pack or just a great drawing! And your artwork could be on the next activity pack!



Please email a photo of your child's artwork (no picture of any people) to

Liz.james@barnardos.org.uk or Julieann.hiscocks@barnardos.org.uk

Get colouring in....



Emotions in the body

Are you feeling confused about how you are feeling or feeling one of these emotions?



Angry

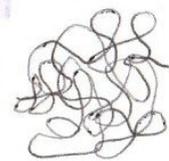


Happy



Sad

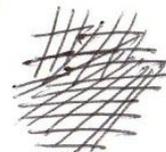
Use colours or patterns to shade in where and how you are feeling.



Confused

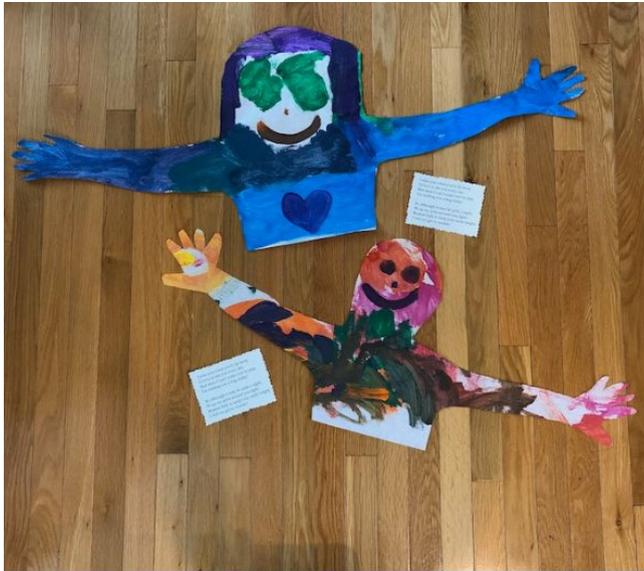


Excited



Worried

From <https://www.theleangreenbean.com/mail-a-hug/>



Here are your directions:

1. Spread out a long sheet of butcher paper.
2. Trace the child's head, arms, and upper torso onto the paper.
3. You can either cut it out now or decorate first and then cut. We used paint but markers or crayons would work just fine!
4. Print or write out the message below to accompany the hug.
5. Fold it all up, put in an envelope and mail!

MAIL A HUG

An easy way for kids to brighten the day of a friend or loved one that they don't see often!



Here's the message we use:

"I miss you when you're far away.

I'd love to see you every day.

But since I can't come over to play,

I'm mailing you a hug today.

So although it might be quite a sight,

wrap my arms around you tight.

Repeat daily to keep your smile bright, until we get to reunite

Release the butterflies



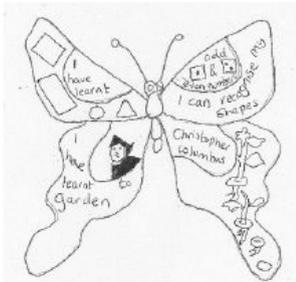
Would you like to tell someone about how good a friend they are to you? Or think about all the things you have learnt while we have been staying at home?

You will need:

- Paper
- Pen/pencil
- Crayons/paints/ watercolours

Why not make a butterfly to send to your friend with all the things you think makes them a good friend or make a butterfly with all the things you have learnt recently as a way to remember this time.

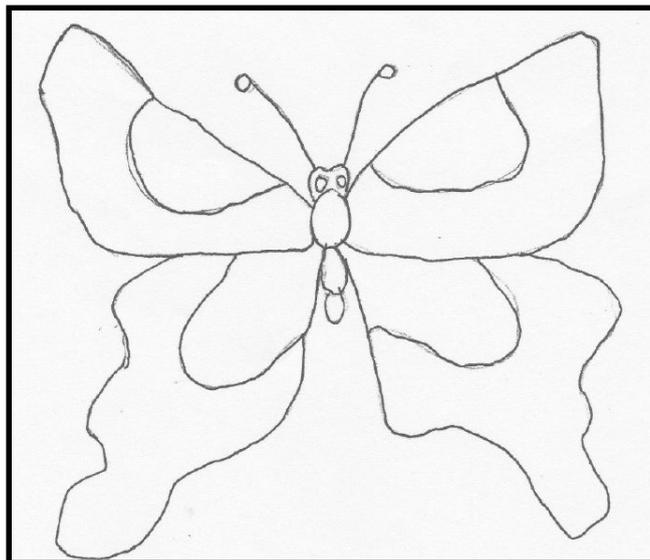
Instructions



1. Use the template below or draw your own butterfly.
2. Fill the different sections with things about your friend or things you have learnt.
3. Colour in the section with crayons, or paints.



4. Cut out your butterflies and send them to your friends or display them at home.



Make your own lava lamp

Need

- Glass
- Vegetable oil
- Water
- Food colouring of your choice
- Alka-Seltzer tablet

Method

- Place the oil into the glass, different amounts will be needed for different size glasses, use the pictures as a guide
- Place the water, which should be a $\frac{1}{3}$ of the amount of oil in the glass
- Then add a considerable amount of drops of food colouring, probably between 10 and 20 for larger glasses
- Finally place in the tablet and enjoy watching your home-made lava lamp



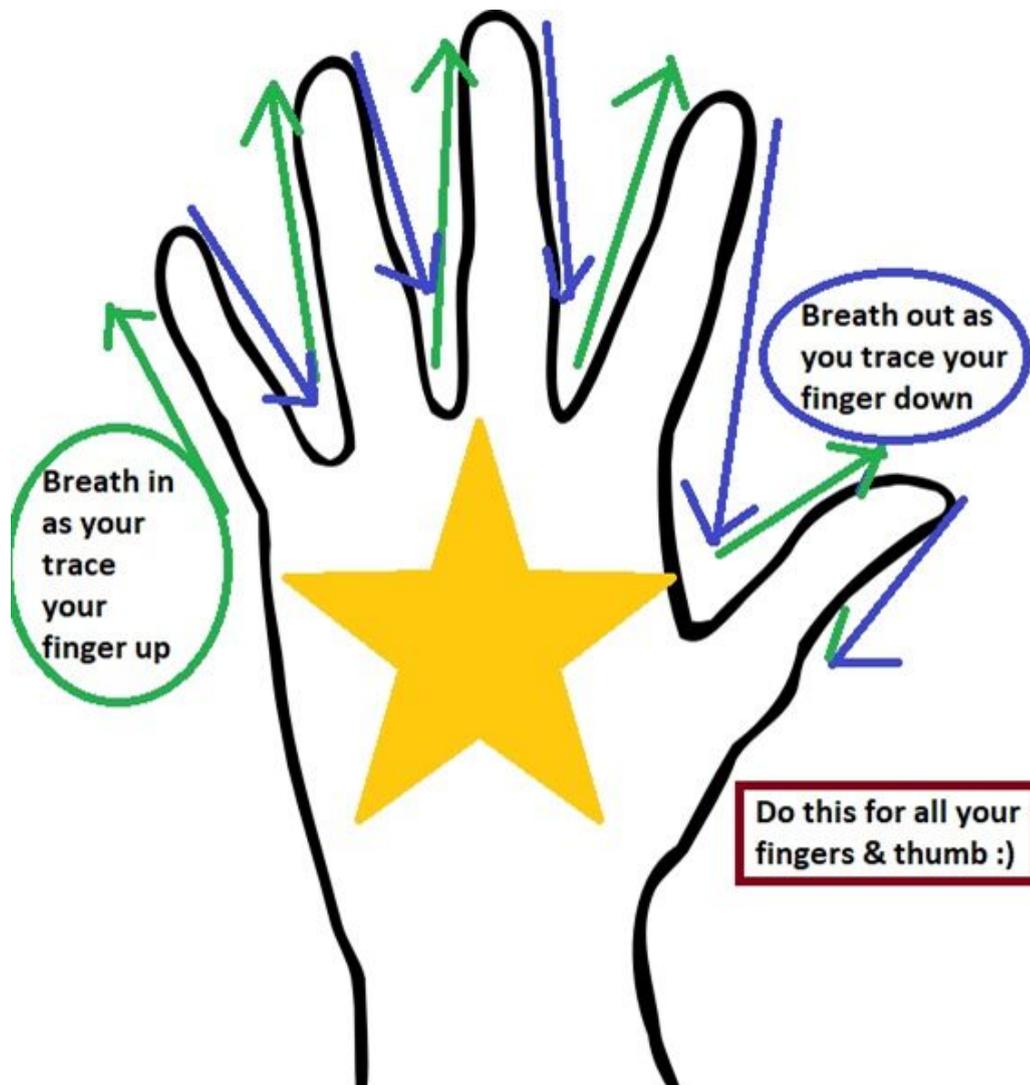
Helpful Hand Breathing

Use this helpful technique to calm down :)

1. Spread your fingers wide on your hand so it looks like a bit like a star
2. Use your pointing finger from your other hand to trace those fingers up and down.
3. Breath in as you slide your finger up & breath out as you slide your finger down the other side
4. Do this breathing until you've traced your whole hand :)



You could even make your own Helpful Hand Breathing poster to help your remember to do this!



Kindness Bingo - how many can you tick off?

<p><u>Smile at 3 people</u> (virtually or while on your daily exercise)</p>	<p><u>Send a kind note to someone</u></p>	<p><u>Find something you have in a friend or family member</u></p>	<p><u>Choose your own:</u> _____ _____</p>
<p><u>Say thank you to someone</u></p>	<p><u>Draw what makes you happy :</u></p>		<p><u>Say please to someone</u></p>
<p><u>Do something helpful</u></p>	<p><u>Ask someone about their day</u></p>	<p><u>Compliment someone</u></p>	<p><u>Do something kind</u></p>

Make your own juggling balls

You will need to make 3 juggling balls:

- 9 balloons
- 1 cup of uncooked rice (you can use lentils or other grains too)
- 3 plastic freezer bags
- 3 elastic bands
- Scissors
- Teaspoon and bowl



Instructions

1. Use your scissors to cut the ends of all the balloons.
2. Fill the 3 plastic freezer bags with the uncooked rice until the bag feels the right size and shape.
3. Tie up the bag with the elastic band.
4. Cover the rice bag with one balloon. It may need stretching.
5. Repeat step 4 with the other two bags.
6. Pull a second balloon over the first.
7. Repeat step 6 with other two bags.
8. Now, practise your juggling skills!!!

Write a list of the people to make contact with every day/every few days.

- Ask them how they are
- Share what you have been learning
- Write them letters, or a poem
- Draw them pictures
- Send them photos

This is a good opportunity for children to practice their handwriting as well as their keyboard skills.



Meet Ms Kind, she is kind to everyone, she is even kind to herself! She wants you to think of ways you can be kind to yourself and use the hearts to write your own ideas about how you can be kind to yourself. Then try and carry out these ideas.

OUTDOOR PLAY & MESSY PLAY

Make your own kitchen faces

You will need:

- A variety of safe household objects, such as spoons, fruit, lids, shells/rocks/pine cones, glasses, stationary.



Make a face of how you are feeling or faces of different emotions you can feel.

Using different objects, mix them up and have fun.

Then maybe take a photo of the faces or draw a picture of them.



Nature Walk Mindfulness Challenge

When you are on your walk try and be present and notice what's around you, use your sense to:

<p>Notice 5 things you can see. What are they?</p> <p>Can you write them down or draw a picture of them?</p>	<p>1</p>	<p>2</p>
<p>3</p>	<p>4</p>	<p>5</p>
<p>Notice 4 things you can touch.</p> <p>What do they feel like?</p> <p>Describe them or rate them using this:</p> <p>:) = liked</p> <p>: = okay</p> <p>:(= don't like</p>	<p>1</p>	<p>2</p>

<p>3</p>	<p>4</p>	<p>What three things can you hear?</p> <p>Draw a picture of what you think they are / write them down</p>
<p>1</p>	<p>2</p>	<p>3</p>
<p>What 2 things can you smell? Can you smell flowers? Or tree park? Or food from a shop?</p> <p>Draw a picture or write it down.</p>	<p>1</p>	<p>2</p>
<p>What is one thing that you can taste? (Remember don't try anything unless you've brought snacks with you from home). You might be able to taste an apple or banana for example. Draw a picture or write what you can taste.</p>	<p>1</p>	<p>Well done you have completed your mindfulness nature walk challenge</p>

Cloud Shapes

Look at the clouds while on a walk, in your garden or looking out of your window. What do you see? Do any of the cloud shapes remind you of anything else? They might look like a spaceship, an animal or even a heart! Tell an adult what you see. Do they see the same thing as you? Or do they see something different? Remember there is no right or wrong answer & the clouds may move with the wind and change what you saw too!

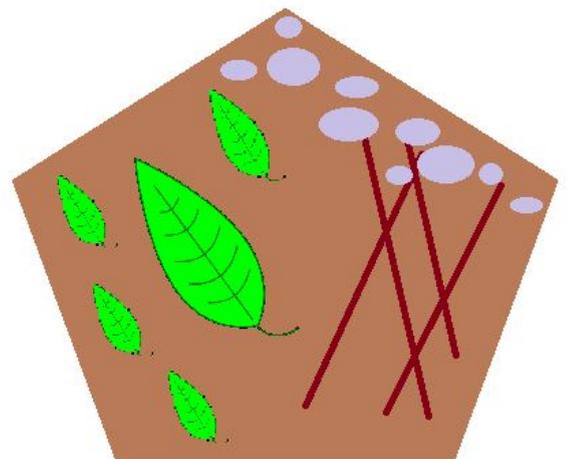
Mud Medallion

Need:

- Earth & water / mud
- Things to decorate the medallion with: stones, leaves, sticks, feathers etc.

Method:

- Make your mud shape: mix the earth and water together to make mud and pat it together with your hands. If you want you could use a kitchen cookie cutter to make a particular shape.
- Decorate your medallion: you could make a pattern, or do this randomly!



Texture Walk Box

Need:

- Differently shaped and textured objects found on a walk
- A bag / box

Method:

- Collect the items on a walk / from the garden / from a walk around your home (i.e. shells from the bathroom, stones from the garden, bark from a tree)
- Put the items into the bag / box
- Ask the child to put their hand into the box bag without looking, and for them to feel the items
- They should then describe what they feel and try and guess the item

Balloon Pass

Need:

- One balloon (and a couple in case it pops)
- Safe space to pass and kick the ball

Method:

- Blow up the balloon
- Pass the balloons between you and the child, try not to let the balloon touch the floor
- Pretend the balloons are bubbles so you can only touch the balloon very gently; this should help coordination and control.

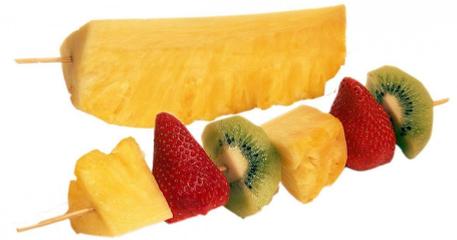


FOOD & COOKING

Rainbow Fruit Skewers

Need

- Fruit of your choice (if you'd like to do a rainbow pattern you could use; strawberries or raspberries, oranges or cantaloupe, pineapple or banana, kiwi or honeydew, blueberries and grapes)
- Skewers



Method:

- With adult help, cut up the fruit you would like
- Choose which order you want the fruit to go onto the skewer
- Carefully put the fruit onto the skewer (ask an adult for help)
- You could make your skewer into a rainbow! :)

Mindfulness Tasting

Need:

- Cut-up food i.e. pear, banana etc.
- Raisins, crackers etc.

Method:

- Together with your household try a small food item, pretend you're trying it for the first time – or really do try something for the first time! - first of:
 - Look at – describe what you see?
 - Smell it – describe what it smells like?
 - Touch it – what does it feel like to touch? What does it feel like in your mouth?
 - Taste it – What does it taste like?
 - Listen to it – What sound does it make as you eat it?

Extensions: Try tasting the same foods but with a blindfold on. What do you notice? Is anything different?



MUSIC

Make and share a playlist

Sometimes there is nothing nicer than hearing your favourite song. Or hearing your friend's playlist, they made and gave to you. You could make your own playlist of YouTube and with your parent's help send it to your friends and family via social media or via email.



You will need:

- Access to YouTube
- Access to social media/email

Instructions

1. Set up a YouTube account.
2. Make and name your playlist.
3. Add your music choices, by clicking 'save' and adding it to your playlist.
4. When you have finished your playlist, click on 'share'.
5. With your parent's help choose the medium you are going to use to share your playlist with.
6. Send your friends your playlist!



We would love to hear your favourite songs here at WSB,
please send us an email telling us your favourite song
and we will make our own WSB playlist!!

EXERCISE

SPRING YOGA

10 easy yoga poses for kids

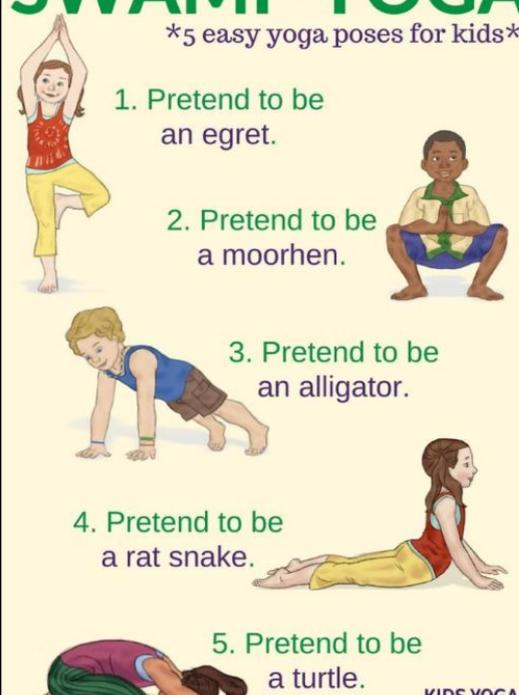
1. Say hello to the sun.
2. Pretend to be a tree.
3. Pretend to be a flying bird.
4. Pretend to be the falling rain.



SWAMP YOGA

5 easy yoga poses for kids

1. Pretend to be an egret.
2. Pretend to be a moorhen.
3. Pretend to be an alligator.
4. Pretend to be a rat snake.
5. Pretend to be a turtle.





with two balls

Ms Kind throws up the green ball and when it's on its way down, she throws the orange ball. Try keeping the balls revolving in a circular movement.

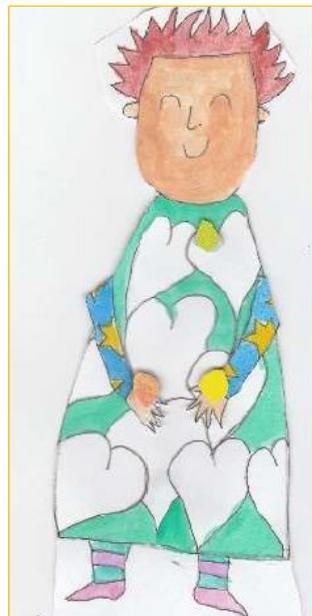


with three balls

Step 1: Ms Kind starts with two balls in one hand and one in the other hand. She throws up the orange ball and catch it in the other hand as she throw up the green ball.



Step 2: As the green ball comes down in the other hand, she throws up the yellow ball. She catches each ball in the opposite hand to the one that she has threw it up with.



Step 3: As the yellow ball comes down she catches it in the opposite hand, then she throws up the orange ball again. After a few goes she starts to feel a rhythm.

Learn to juggle



Step 4: Keep going! She remembers to have one hand throwing up a ball, one ball in the air and her other hand catching a ball all at the same time! Clever Ms Kind!

RESOURCES explaining Coronavirus to children

Free information book explaining Coronavirus to children by illustrator of The Gruffalo Axel Scheffler

- [Released today: a free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler](#)

A little document explaining Coronavirus to children - written by a nurse.

- <https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>

Social Story on the Coronavirus

- <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Barnardo's Coronavirus advice for young people

- <https://www.barnardos.org.uk/coronavirus-advice-young-people?fbclid=IwAR0jS4qT5MKSyw anIKH9QhBish9gWbiUpUjgp9NoPmYZJbctDg1xXq0fasE>

RESOURCES & USEFUL LINKS:

Wiltshire's online library service: Also there are links on individual library facebook pages to online rhyme time sessions.

<http://www.wiltshire.gov.uk/libraries-ebooks>

Audible: children's audio stories (free)

- https://stories.audible.com/start-listen?fbclid=IwAR0FxmFjFFmDTog5O3IsO9fyNDdWKfAnvRJ FJmMfQjFw37DrenX3_WH4BI

Theatre: recording of The Wind in The Willows (free/ donate what you can)

- <https://www.willowsmusical.com/?fbclid=IwAR1r11GhXEMaqlhyaTCd6MFI5tISRrBiJQixQFTZ5 wQUGMhOcrQt0ao2XZM>

Barnardo's Links -

https://www.barnardos.org.uk/blog/keeping-kids-entertained-while-youre-working-home?utm_source=facebook&utm_campaign=blog&utm_medium=organic&fbclid=IwAR36HwyckSqUKZAM0FgaMTqubxJqvPgpqyC09C959KFBYIkiIAMY2-ezN4k

Downloadable colouring in pages from Hobbycraft -

https://www.hobbycraft.co.uk/ideas?projecttype=kids-free-kids-downloads&utm_campaign=20200413_COLOURING&utm_content=22991000789&utm_medium=Email&utm_source=Email

The Reading Agency Hub Holiday Activities -

<https://www.readingagency.org.uk/resources/?programme=chat>

Author's reading aloud:

<https://kidsactivitiesblog.com/136038/online-story-time/>

Warwick Castle - How to defend the Castle

- <https://www.warwick-castle.com/media/ia4lbbie/defending-a-castle.pdf>