

Wellbeing is important to us at Beecholme and it is especially important to look after our mental health during lockdown. This is our weekly check-in with some tips and ideas from us to support you and your family at this unusual time.



A break from the screen

11 Quick draw! Set a 1 minute timer, draw a quick doodle and see if the other person can guess what it is before the time is up.

12 Write a silly sentence that includes all of these words... BANANA, CURTAIN, DOLPHIN, SNOW and BALLOON. Now think of your own words and write some more!

13 How many different words can you make from the letters in this sentence?

Keeping my brain busy is fun

14 Ping pong story telling! Write the opening sentence to a story, then someone else writes the next line. Then it's your turn again! Keep alternating until you have a full story.

15 Guess the character! Think of a character from a book, write it down so no-one can see. Have others ask you questions to try and guess which character you chose.

Bubble breaths

Imagine you are blowing the biggest bubble ever! Take in a breath and imagine you have a pot of bubble liquid.

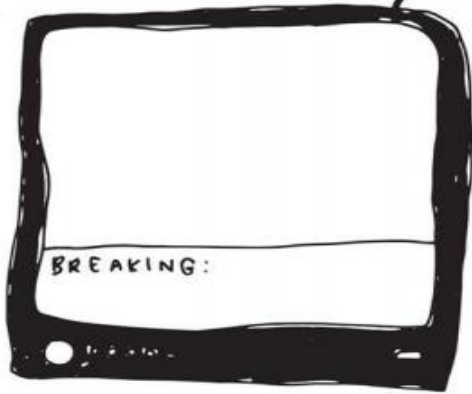
Slowly and gently bow bubbles into the room.

Do you feel better? (Remember to encourage the children not to get excited by popping the bubbles!)

If you are feeling overwhelmed...



Staying positive



What made you smile in the news this week?

Stay safe online

Remind children to report anything worrying, and how they can do this

It's important that children and young people always know where to go if they come across something that worries them or makes them feel uncomfortable online. This is especially important during this time as trusted sources of support, such as teachers may not be as available. Children may not have as many opportunities to confidently talk to their friends, who we know are often their first point of contact when they are worried.

www.karatelessonsonline.com

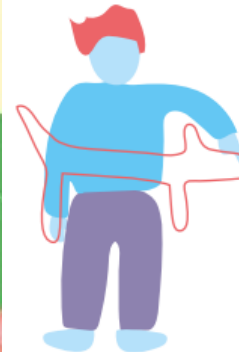


Stay active

Get creative

Day 3

Your parents want to build a new home and they want you to build it.



8. Drawing the invisible

Ask the children to partner up. One becomes the artist and draws a simple picture in the air with their finger. Their partner has to guess what the picture is. Alternate so they both have a go.

Take a brain break