

### **ELSA Activities**

I have been thinking of some emotional literacy activities to support your child's self-esteem and emotional wellbeing throughout this time.

Here is a list of activities you might like to do over the Easter holidays or whenever you feel necessary.

1. Draw a desert island, then write on it all the names of the people you would have with you on the island and what jobs you would allocate them.
2. Draw a flying carpet and discuss with your family where you would like to go, who would you take with you, what you would see etc.
3. Complete a Lego challenge – build a tower with only green bricks in 1 minute, make an animal, make a vehicle suitable for the snow etc.
4. Sorting and stacking gives children a peaceful, ordered mind. Try sorting pegs into colours, stack Jenga or building blocks.
5. Draw lots of balloons – write inside them all the names of people who care for you. Discuss with your family.
6. Draw a treasure chest – draw all the items inside which are precious to you.
7. Make a happy jar or box – decorate a jar or a box how you wish, write down or draw on strips of paper all the things you enjoy, memories, jokes, funny films etc. Put them in your box or jar and take one out each time you need a happy thought.
8. Create your own sensory treasure chest; fill a box with your favourite things to smell, touch, look at etc.
9. Try writing letters to your friends and family that you cannot visit – keep in touch.
10. Try writing, drawing and painting how you feel. Discuss emotions. You could try painting stones with different emotions on.
11. If you are having a bad day draw a rubbish bin and write or draw inside how you are feeling to 'throw away' your bad thoughts.
12. Find a 'Happy Place' – in a quiet, calm room. You could create a den, use cushions and different materials. Create this into your imaginary space; it could be a hut at the top of a mountain, a tree house or a deserted beach. Use your senses to relax your mind, what can you see? Smell? Touch? Etc.

I hope you find some of these helpful.

Mrs North