

Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGOS THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM YOU CAN SEE YOURSELF IN
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERENT COLORS
- A MOVIE THAT HAS "S" IN THE TITLE
- YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything
gets put back where it belongs!

Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- 5 LEAVES THAT LOOK DIFFERENT
- A STICK THAT IS LONGER THAN YOUR HAND
- A ROCK WITH SPOTS ON IT
- A FLOWER
- A FLAT ROCK
- 10 BLADES OF GRASS
- SOMETHING YOU LOVE TO PLAY WITH
- A PIECE OF TRASH YOU CAN RECYCLE
- SOMETHING THAT IS BROWN
- SOMETHING THAT IS HEAVY
- SOMETHING THAT IS VERY LIGHT
- SOMETHING THAT NEEDS SUN TO LIVE
- AN ITEM SMALLER THAN YOUR THUMB
- SOMETHING THAT STARTS WITH "M"
- SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything
gets put back where it belongs!

A = 50 Jumping Jacks	N = 25 Burpees
B = 20 Crunches	O = 40 Jumping Jacks
C = 30 Squats	P = 15 Arm Circles
D = 15 Push-ups	Q = 30 Crunches
E = 1min Wall Sit	R = 15 Push-ups
F = 10 Burpees	S = 30 Burpees
G = 20 Arm Circles	T = 15 Squats
H = 20 Squats	U = 30 Arms Circles
I = 30 Jumping Jacks	V = 3min Wall Sit
J = 15 Crunches	W = 20 Burpees
K = 10 Push-ups	X = 60 Jumping Jacks
L = 2min Wall Sit	Y = 10 Crunches
M = 20 Burpees	Z = 20 Push-ups

Choose an exercise routine by spelling out:

YOUR NAME
 PET NAME
 FAVORITE COLOR
 FAVORITE DAY of the WEEK

FAMILY NAMES
 STREET NAME
 FAVORITE FOOD
 FAVORITE SEASON

Get CREATIVE...what other ideas do you have?

Non-screen activities you can do at home

Pobble

25
ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!



4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!

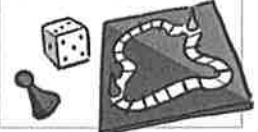


8 Use an old sock to create a puppet. Can you put on a puppet show for someone?



9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.

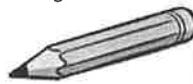


11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



14 Design and make an obstacle course at home or in the garden. How fast can you complete it?



15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.



17 Write a play script. Can you act it out to other people?



18 Read out loud to someone. Remember to read with expression.



19 Write a song or rap about your favourite subject.



20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



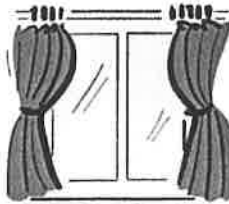
21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.



23 Write a postcard to your teacher. Can you tell them what you like most about their class?

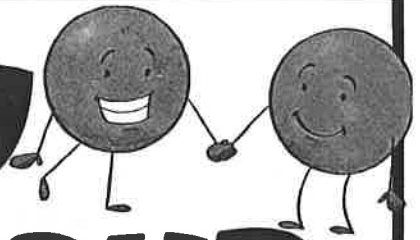
24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

30

Things YOU can do for YOUR Emotional Health



Practice a breathing technique. 1	Make a list of the feelings you can think of. 2	Play emotion charades. Can your family guess your feeling? 3	Write a letter to someone to let them know you appreciate them. 4	Do your chores without being asked. 5	Make a poster about KINDNESS for your classroom. 6
Make a list of 10 ways to show respect at school. 7	Explain to an adult what empathy means. 8	Go outside and count how many things that are red. 9	Make a list of 30 things you are grateful for. 10	Practice hot cocoa breathing. Smell the cocoa and cool it off. 11	Clean up without being asked. 12
Make a list of 25 things you love. 13	Write what it means to be a good friend. 14	Make a list of all the ways you showed kindness this week. 15	Write about your hero. 16	Talk to an adult about your favorite place. 17	Write a note to someone you miss. 18
Practice sitting still for one minute. What sounds did you hear? 19	Name 3 ways you can calm down if you are feeling stressed. 20	Make a card for someone you love. 21	Draw a picture of your future self. What is your career? 22	Make a list of things that are important to you. 23	Read a book. What feelings did you notice as you read? 24
Ask an adult about a career they are interested in. 25	Try to name 10 different colleges. 26	Name 3 things you love doing and 1 thing you want to try. 27	Name 3 things you can do to be helpful in your community. 28	Play a game with someone. 29	Name 5 things you love about yourself. 30

30

Cosas que PUEDES hacer por TU Salud Emocional



<p>Practica una técnica de respiración.</p> <p>1</p>	<p>Haz una lista de los sentimientos que conoces.</p> <p>2</p>	<p>Juega charades emocionales. Puede su familia adivinar sus sentimientos?</p> <p>3</p>	<p>Escríbete una carta a alguien para hacerle saber que la/lo aprecias.</p> <p>4</p>	<p>Haz tu quehaceres sin que te pidan.</p> <p>5</p>	<p>Haz un póster sobre la amabilidad para tu clase.</p> <p>6</p>
<p>Haz una lista de 10 maneras de como mostrar respeto en la escuela.</p> <p>7</p>	<p>Explicale a un adulto lo que significa empatía.</p> <p>8</p>	<p>Sal y cuenta cuántas cosas son rojas.</p> <p>9</p>	<p>Haz una lista de 30 cosas por las que estés agradecida/o.</p> <p>10</p>	<p>Practica la respiración de chocolate caliente. Huele el cacao y refréscalo!</p> <p>11</p>	<p>Limpia sin que te lo pidan.</p> <p>12</p>
<p>Haz una lista de 25 cosas que amas.</p> <p>13</p>	<p>Escribe lo que significa ser un buen amigo/a.</p> <p>14</p>	<p>Haz una lista de todas las formas en que mostraste amabilidad esta semana.</p> <p>15</p>	<p>Escribe sobre tu héroe.</p> <p>16</p>	<p>Habla con un adulto sobre tu lugar favorito.</p> <p>17</p>	<p>Escribe una nota a alguien que extrañas.</p> <p>18</p>
<p>Practica sentarte quieto por un minuto. ¿Qué sonidos escuchaste?</p> <p>19</p>	<p>Nombra 3 formas de calmarte si te sientes estresado.</p> <p>20</p>	<p>Haz una tarjeta para alguien que amas.</p> <p>21</p>	<p>Haz un dibujo de ti en el futuro. ¿Cuál es tu carrera?</p> <p>22</p>	<p>Haz una lista de cosas que son importantes para ti.</p> <p>23</p>	<p>Lee un libro. ¿Qué sentimientos notaste al leer?</p> <p>24</p>
<p>Pregúntale a un adulto sobre una carrera que le interesa.</p> <p>25</p>	<p>Intenta nombrar 10 colegios diferentes.</p> <p>26</p>	<p>Nombra 3 cosas que te encanta hacer y 1 cosa que quieres intentar.</p> <p>27</p>	<p>Nombra 3 cosas que puedes hacer para ser útil en tu comunidad.</p> <p>28</p>	<p>Juega un juego con alguien más.</p> <p>29</p>	<p>Nombra 5 cosas que te gusta de ti mismo/a.</p> <p>30</p>

MINDFUL BREATHING FOR KIDS

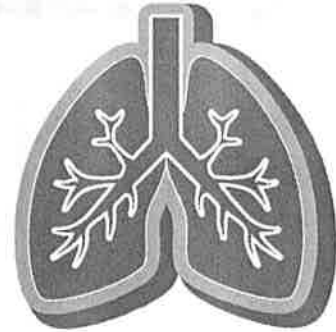
Let's make mindfulness fun!

Just keep breathing...

1. THE POWER OF BREATHING

START
HERE

First, we need to teach our kids how to breathe deeply. Trace the shape below, breathe in deeply while tracing the first half of the design, then, exhale slowly while tracing the second half of the shape.



2. 10 DEEP BREATHS

Put your hands on your belly and fill it up with your biggest breath. Like this: Inhale for one, feel your belly fill and expand. Exhale for two, feel your belly go down. Do this ten times. Can you feel your body sink into relaxation? Try this whenever you feel anxious or angry.

3. SET A TIMER

Set a timer for one minute. Sit cross-legged on the floor, in a chair or outside in the grass and breathe in and out until the timer goes off. Pay close attention to any sounds you hear or any sensations in the body. Just notice. If your mind wanders, pull it back to the breath.



MINDFUL MOMENTS FOR KIDS

Let's make mindfulness fun!

Living in the moment...

1. JUST ONE MINUTE

Set a timer for one minute,

What can you see?

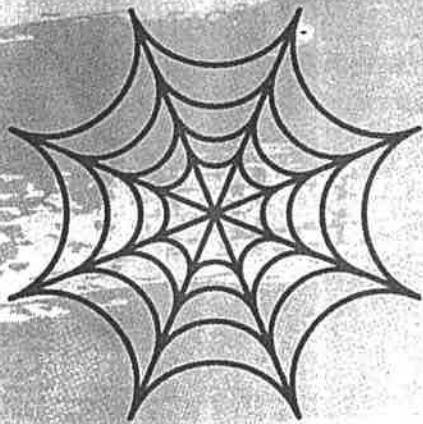
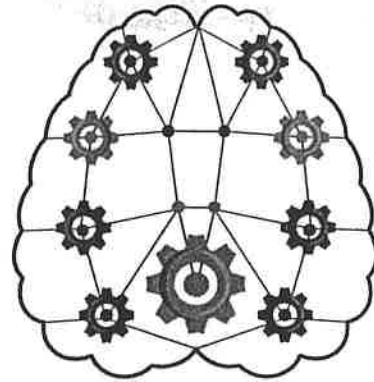
What can you hear?

What can you smell?

What can you touch?

Concentrate and focus **ONLY** on what's happening right now.

**START
HERE**



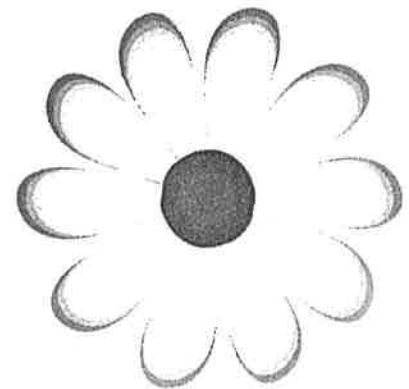
2. SPIDEY SENSES

Enter into your "spidey" state where for two minutes you move around the room with heightened spidey superpowers. In this state you will pay close attention to what you see, hear, smell, touch, and even taste. Can you hear a lawnmower, birds or cars? Can you see the T.V., windows, or table? Can you touch the carpet, water facet, or front door?

3. FOCUS FLOWER

Find a flower (outside) and spend two minutes looking at it closely. (No flowers? Any object will do - rocks, pinecones, or leaves, etc.)

Pretend you are looking at it for the first time. Can you notice all the intricate details? Look at the petals, lines and colors. What does it smell like? What does it feel like?



READY TO FEEL CALMER, MORE FOCUSED, AND RELAXED?

THREE STEPS FOR DEEP BREATHING

**START
HERE**



Look up to the sky and take three big breaths



Breathe down to the
bottom of your shoes



Exhale all the way up to the
top of your head

IF IT FEELS GOOD, REPEAT!

MINDFUL AWARENESS FOR KIDS

Let's make mindfulness fun!

I think I can...

START
HERE

1. BODY SCAN

Squeeze the muscles in your shoulders for ten seconds. Now relax. Next, squeeze your stomach muscles for ten seconds. Relax. Move down your entire body tensing and relaxing.



2. STARFISH FINGERS

Hold your hand up and spread your fingers wide. Then, with the finger of the opposite hand, trace all your fingers, counting from one to five. Take turns tracing each others fingers.

Pro Tip: This is a fabulous exercise to do at bedtime. It's rhythmic, soothing and calming.

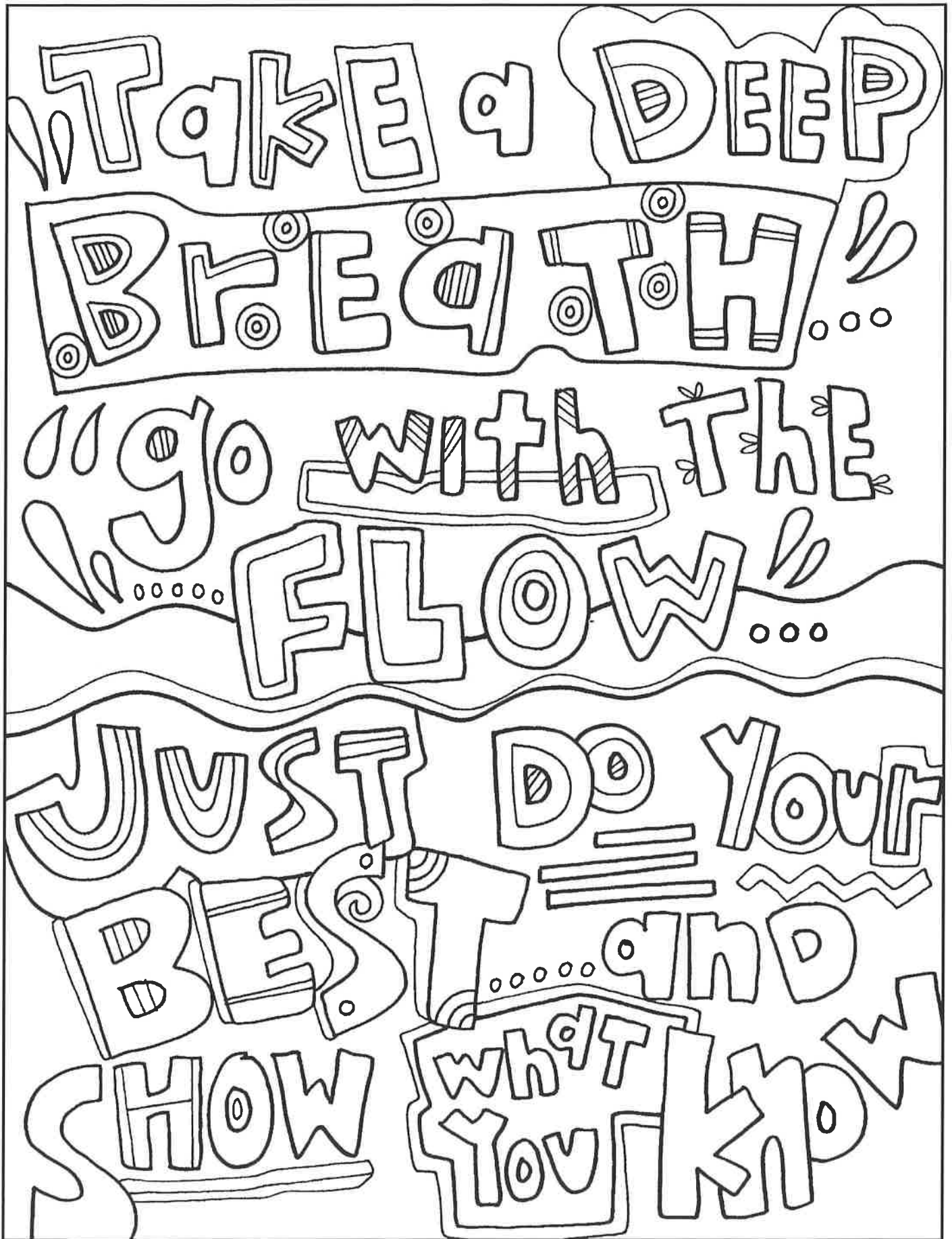
3. BLINDFOLDED SNACK TIME

Pick five different foods that fit inside a child's palm (apples, raisins, strawberries, etc.)

Blindfold your child and tell them this is a tasting game, ask them to use their senses to guess what they are eating. How does the food feel in their hand? In their mouth?

Pay attention to the texture, smell, and taste.





Doodle Art Alley ©

2 funny things
about me:

1 thing I love
about myself:

My self-love
blocks



3 qualities I have:

4 ways I make people happy:

5 things I did well this week:



A TO Z OF COPING SKILLS

A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member
I IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music
M MEDITATE use yoga or mindfulness	N NAME the emotion you are feeling	O OBSERVE Use mindfulness techniques	P PAINT your feelings
Q QUESTION your thoughts	R RUN as fast as you can	S SEPARATE yourself from the situation	T THOUGHTS negative to positive
U USE your safe place	V VOICE your concerns	W WRITE down your feelings	X EXHALE breathe out your feelings
 elsa support autisme elsa-support.co.uk	Y YELL as loud as you can into a pillow	Z ZONE out and relax yourself	



CHALLENGE

↳ SCAVENGER HUNT

- (1) Find something you are GRATEFUL for that makes you LAUGH
- (2) Give a KIND compliment to a family member
- (3) Find an INSPIRATIONAL QUOTE & share it with a peer, teacher, counselor, or family member
- (4) ASK someone how they are
- (5) Write a kind NOTE or MESSAGE to a friend
- (6) Tell someone THANK YOU
- (7) Go OUTSIDE and FIND: a plant, something yellow, & something that makes you smile
- (8) Mindfulness 5-4-3-2-1: NAME 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste
- (9) Write a COMPLIMENT about yourself
- (10) Find something you are GRATEFUL for that brings you JOY
- (11) Go on a 5-10 minute walk and challenge yourself to not use any digital devices: Identify TEN things that start with the letter "R" on your walk
- (12) What is the BEST part of Digital Learning/Remote Learning? Take a SELFIE (or a short video) of you & your response
- (13) FIND something that represents COMPASSION
- (14) Find something you are GRATEFUL for that you just learned/discovered
- (15) As a BRAIN BREAK, do 20 Jumping Jacks, 15 Squats, 10 Lunges, 5 Push-ups

Tag @CounselorsCornerWithMsWalsh

How are you feeling today?



content



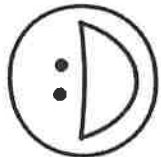
worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Day 01

Self-Care Tip:

Make a list or draw pictures of all the things that make you happy.

Think About It:

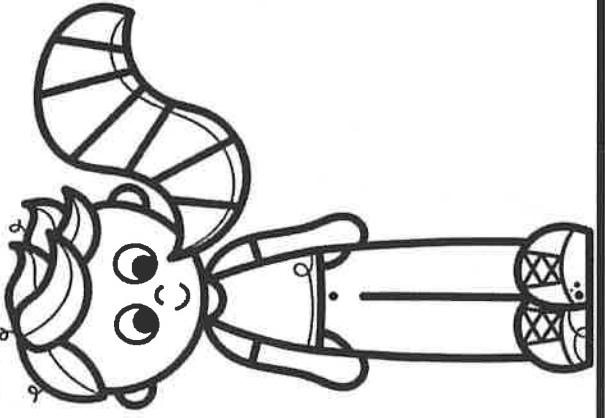
What could you say to a friend who is feeling sad?

Character Trait of the Day:

helpful
help · ful (adjective)
giving or ready to give help

How will you be helpful today?

Try this Mindful Exercise!



Rainbow Breaths

1. Start with the first color of the rainbow.
2. As you inhale, fill your mind & body with that color.
3. As you breath out, imagine that color leaving you and taking away all of the negativity as you prepare to breathe in a new color.
4. Repeat this with each new color until you get through the rainbow.

Draw a picture of someone being helpful.

How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Day 02

Self-Care Tip:

Do 10 jumping jacks. Notice how your body feels after.

Think About It:

What is one thing you love about yourself?

Character Trait of the Day:

honest
hon · est (adjective)
someone who tells the truth

How will you be honest today?

Try this Mindful Exercise!

Bumble Bee Breaths

1. Take a big breath in.
2. As you breathe out, keep your mouth closed and making a humming sound with your mouth.
3. You will sound like a bumblebee! Repeat 5 times.



Draw a picture of someone being honest.

How are you feeling today?

Day 03



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Self-Care Tip:

Draw a picture of yourself. Circle the parts you love most about yourself.

Think About It:

What makes someone a good friend?

Character Trait of the Day:

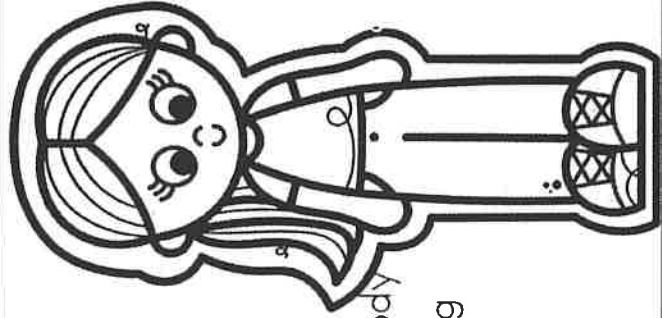
brave
brave (adjective)
someone who is willing to do things that scare them

How will you be brave today?

Try this Mindful Exercise!

Body Scan

1. Lie down on your back with your body straight.
2. Take 3 deep breaths.
3. Starting at your toes, scan your body all the way up to your head, noticing how each part of your body feels.
4. After you get to your head, notice how your whole body feels.



Draw a picture of someone being brave.

How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Day Out

Self-Care Tip:

Eat a healthy snack and drink a glass of water.

Think About It:

What cheers you up when you feel upset?

Character Trait of the Day:

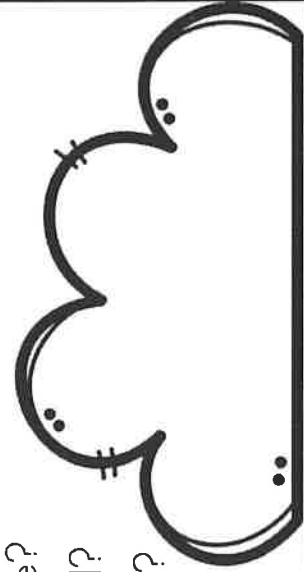
responsible
re · spon · si · ble (adjective)
doing the things you are expected to do

How will you be responsible today?

Try this Mindful Exercise!

Floating on a Cloud

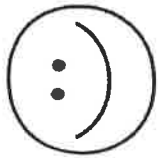
1. Imagine that you are floating on a cloud.
2. What would you see?
3. What would you feel?
4. What would you taste?
5. What would you smell?
6. What would you hear?



Draw a picture of someone being responsible.

How are you feeling today?

Day 05



content



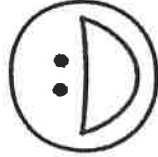
worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Self-Care Tip:

Listen to your favorite song.

Notice your mood after.

Think About It:

What is something you wish you could do?

Character Trait of the Day:

thoughtful

thought · ful (adjective)

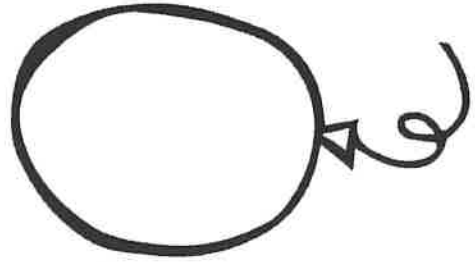
thinking about what other people want or need

How will you be thoughtful today?

Try this Mindful Exercise!

Balloon Breathing

1. Pretend you are blowing up a balloon.
2. Hold your hands in front of your mouth and blow breaths into the imaginary balloon.
3. Move them apart as your balloon gets bigger.
4. Keep them still as you take another breath in, and then blow more air into your balloon.
5. Keep going until your balloon is as big as it can be, then let the balloon go.



Draw a picture of someone being thoughtful.

How are you feeling today?



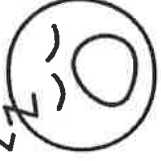
content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Day 06

Self-Care Tip:

Take 10 minutes of quiet time by yourself.

Think About It:

What makes you a great friend?

Character Trait of the Day:

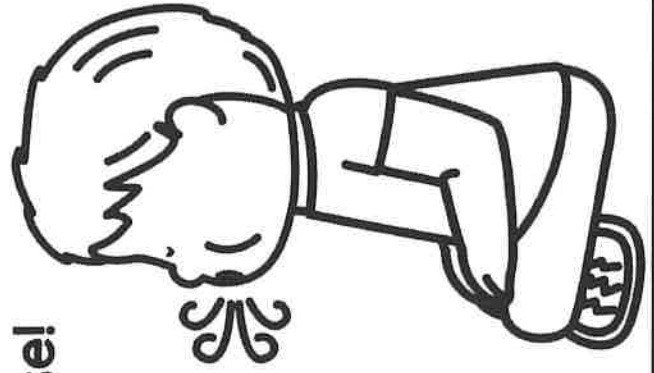
kind
kind (adjective)
a nice or loving person

How will you be kind today?

Try this Mindful Exercise!

Belly Breaths

1. Lie flat on the floor.
2. Place your hands on your belly.
3. As you breathe in, notice your hands moving up with your stomach.
4. As you breathe out, notice your hands moving down.
5. Repeat, noticing how your belly moves up and down.



Draw a picture of someone being kind.

How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Day 07

Self-Care Tip:

Take a relaxing shower or bath.

Think About It:

What is something you are afraid of? Why?

Character Trait of the Day:

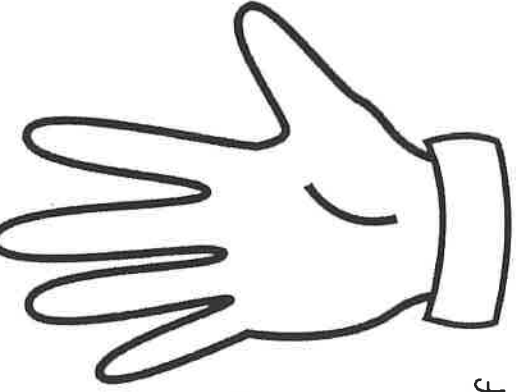
cheerful

cheer · ful (adjective)

a person who is happy and brings cheer to others

How will you be cheerful today?

Try this Mindful Exercise!



Take 5

- Place your hand in front of you.
- Begin tracing your fingers.
- As you go up one finger, breathe in.
- Breathe out as you trace down that finger.
- Repeat until you get to the end of your hand.

Draw a picture of someone being cheerful.

How are you feeling today?



content



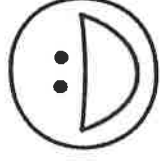
worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Day 08

Self-Care Tip:

Draw a picture of your favorite place.

Think About It:

Who is someone that you admire? Why?

Character Trait of the Day:

curious

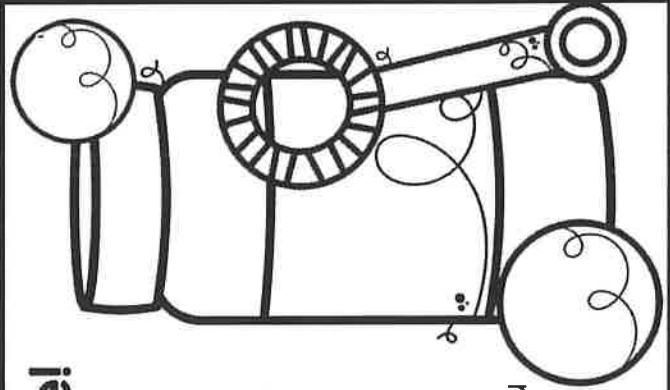
cur · i · ous (adjective)
wanting to learn new things

How will you be curious today?

Try this Mindful Exercise!

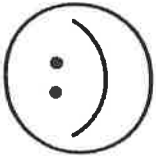
Bye Bye Bubbles

- Put your troubles in a bubble and blow them away! Pretend you are blowing a bubble with a bubble wand.
- As you blow out, release any worries or stressful thoughts you have.
- Repeat.



Draw a picture of someone being curious.

How are you feeling today?



content



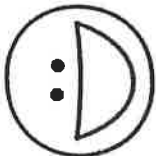
worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Self-Care Tip:

Go for a walk with an adult.

Think About It:

What is a problem you have solved before?

Character Trait of the Day:

leader

lead · er (adjective)

someone who leads or helps others

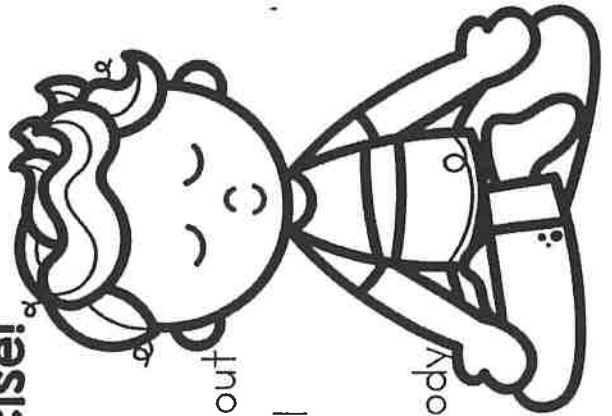
How will you be a leader today?

Try this Mindful Exercise!

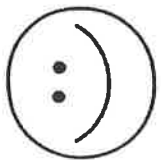
Gratitude Breaths

1. Take deep breaths.
2. As you breathe in, think about something you are grateful for.
3. Breathe out and fill your body with gratitude.
4. Repeat.

Draw a picture of someone being a leader.



How are you feeling today?



content



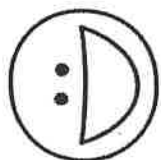
worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Self-Care Tip:

Play a game
or do a
puzzle. Have
fun!

Think About It:

What is something you could
get better at?

Character Trait of the Day:

grateful

grate · ful (adjective)
being thankful for all you have

How will you be grateful today?

Try this Mindful Exercise!

Heartbeat Jumps

1. Hold your hand on your heart and notice how your heartbeat feels.
2. Do 20 jumping jacks.
3. Place your hand on your heart again and notice how it changed.
4. Keep your hand on your heart as you feel your heartbeat slow back down.
5. Notice how you feel.

Draw a picture of someone being grateful.

