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1. Activity – Being Safe.

- **Aim** – for your child to *identify* a safe place, and *why* it is important to have this safe place.
 - Materials required – camera, pens and paper.
- **Task** – *Draw or take a photo* of somewhere you feel *safe*. This might be somewhere you feel happy or comfortable or have good memories. This may be your bedroom, in the garden, cuddling your pet or at the park.

Think about how this place makes you feel. If you are having a difficult day could you go to this place? (with grown up if needed) or can you just remember this place and how it makes you feel.

2. Activity – Exercise and fresh air.

- **Aim** – to consider how exercise and fresh air can make you feel better.
 - Materials required – pen and paper.
- **Task** – what would your *ideal* form of exercise be? Basketball? Dance? Walking the dog? Can you do any of these activities *outside* in the fresh air within current guidelines, staying at home and in your bubble?

Do you exercise regularly?

What stops you from exercising?

Do you think exercise can make you feel better?

Do you think it can help you if you feel stressed and be a form of relaxation?

Choose a form of exercise this week and write a diary of how you feel before and after you exercise. Set yourself *a goal* for this term and keep your diary to keep track of your progress towards this goal. An example could be to aim to walk 5000 steps every day, learn a new yoga pose or score 1000 goals.

Exercise should be about having fun whilst being active outdoors.

3. Activity – Getting outside.

- **Aim** – to notice *interesting* things you see when you are *outside* and how this can make you feel better.
 - Materials required – camera, pens and paper.
- **Task** – Create a *treasure hunt sheet* before you next go out, for things you might see in your local area. This might include different colour cars, trees, animals, square manhole covers, white fences or red front doors. *Tick them off as you go*. If you want to, you can take a picture or draw what you have seen.

Can you find any interesting details? If you do, take note of the date and time you found them.

How often do you notice details of your surroundings?

Keep a *diary* of interesting things you notice when you go outside.

For an extra challenge use all *your senses*, what can you see, smell or hear?

Can you make a treasure hunt for your grown up?

Noticing what is around us, helps us to feel connected to places around us and can help you think about how you feel when you notice something interesting.

4. Activity – Sleep

- **Aim** – To *explore* sleep patterns and why it is *important* to get enough sleep.

- Materials required – pens, paper and stickers.

- **Task** - On a piece of paper write a *timeline* with 6AM at the start and 8PM at the end. Mark each family member on it in a different colour at the time they go to bed, and the time they wake up.

What do you notice about the different times people go to sleep and when they wake up?

Is there a difference between adults and children, or older and younger children?

What do you think is the best time to go to sleep? And why?

Do you go straight to sleep, or do you have a bedtime routine such as reading or having a bath?

If you go to sleep at different times, how does that make you feel?

How much sleep do you think you need? Can you find out how much sleep is recommended for your age?

How do you feel without a good sleep?

Do you notice any difference in the way you think or behave the next day?

Can you keep a sleep diary to record your sleep pattern and how sleeping more or less makes you feel?

Can you find out five facts or myths about sleep? E.g., does cheese give you nightmares.

There are many apps which have meditation which you can use,

- **Recharge, move well, sleep well, be well.** This app uses a free personalised 6-week programme to help improve your mood and energy levels.
<https://www.autismapps.org.au/organisation-and-independence/recharge-move-well-sleep-well-be-well/>

- **Smiling minds, provides free mindfulness meditations.**
<https://www.smilingmind.com.au/>
- **Headspace have released free content of mindfulness and meditation.**
https://www.headspace.com/?utm_source=google&utm_medium=cpc&utm_campaign=917256451&utm_content=51529951612&utm_term=411021410531&headspace&gclid=CjwKCAiA9bmABhBbEiwASb35VwWqPDUfW9uKvJorMYU6Dpe045m_phP-NyWHIBku6bDIN3ONujp0sBoC5VwQAvD

5. Activity – Belonging and safe adults

- **Aim** – To identify safe adults.
 - Materials required – pen and paper.
- **Task** – *Draw around your hand* and then on each finger and write the names of *adults that you feel safe with*. This may include schoolteachers, football coaches, or family friends. If you are feeling *sad* or *worried* these might be the adults, you can approach to *talk to*. **Example at the bottom of the document**

6. Activity – Understand your place in the world.

- **Aim** – To help understand your place in the world, how you are connected to the wider world and people who are there to support you.
 - Materials required – pen, paper and photos.
- **Task** – Draw a small circle in the middle of the page. In the circle *write your name*, draw your portrait or put a photo of yourself. Draw a *larger* circle around the first circle. In the larger circle write names of people you feel *closest* to. This may be people you live with or are close friends. These should be people who support you and make you feel safe. You can be creative and draw or put in photos of them if you want.

Draw a larger circle and write names of people you know in your *local community* in this circle. This might include people from school, such as teachers, people who run clubs such as scouts or a coach.

Draw another and write the names of people you know but are *not* in your local community in this circle. This could be aunts, uncles, or friends who have moved away. These might be people you do not have close contact with but are still important to you. These people could even be in different countries to you.

Once you have drawn your circles you can talk about how you decided who was put in each circle with your grown up.

Are there people in the outer circles you would like to connect with more? Perhaps you could draw them in a picture? Example is at the bottom of the document.

7. Activity – understand your place in the world, friends.

- **Aim** – Explore what makes a good friend.
 - Materials required – pens and paper.

- **Task** – Who are your friends?

Who do you like to spend time with at school, or outside of school?

What type of things do you like to do with your friends? Do you do different things at the moment, like playing online or making video calls?

What makes you a good friend? Can you use descriptive words to think about qualities of a good friend, such as kind, smiley or funny?

How do you think your friends can support you? Could they tell a joke? Or get a teacher if you are upset?

You could *draw* a picture to describe a *good* friend or write an advert to advertise *yourself* as a good friend to others.

8. Activity – Challenge yourself.

- **Aim** – To encourage yourself to set a challenge which you can do, so you can try something new.
 - Materials required – pens and paper.

- **Task** – Write yourself a *pledge* to complete this *challenge* by the end of term. Breakdown any steps you might need to take to help you achieve this goal. Keep a *diary* as you go through the challenge and what steps you complete towards your goal. An **example could be to learn five yoga poses.**

Step one – find yoga pose videos on YouTube.

Step two – watch the videos and chose five poses.

Step three – write down chosen poses.

Step four – practise pose 1.

Step five – practise pose 2.

Step six – practise pose 3.

Step seven – practise pose 4.

Step eight – practise pose 5.

9. Activity – Map out a career plan.

- **Aim** – Think ahead to what you would like to do in the future.
 - Materials required – pen and paper.

- **Task** – *What are you good at?*

What do you enjoy doing?

What is your ambition for the future?

If you are able to identify a career or consider what type of *job* you would like to do when you are older, look up *information* about the job and find out what sort of *experience* or *qualifications* you may need. **For example, to join the army you need maths and English qualifications, a fitness assessment and to be a certain age. Could there be anything else?**

10. Activity – Highlight achievements.

- **Aim** – Feel good about your achievements and recognise how this can make you feel.
 - Materials required – pens, paper, printer and computer.

- **Task** – Make a *list* of things you have *achieved* this week, your grown up can join in too.

Make a *certificate* or picture to write your achievements in. these achievements can include cooking a meal, writing a letter, reading a book, doing extra schoolwork or cleaning.

Is it easy for you to think about your achievements?

Do you feel proud when you think of these achievements?

It is good to celebrate achievements and feel proud of what you accomplished. **For example, this certificate could say YAY! I read two books this week.**

11. Activity – Life skills

- **Aim** – To understand what life skills you possess.
 - Materials required – print out of list of life skills.

- **Task** – Can you add more to the list?

Examples could be, cook a meal, do the washing up, wash clothes, mow the lawn, iron a top, write a shopping list, walk your dog, look after your pet, Hoover a room, tidy your room, make your bed, put clean clothes away, make a packed lunch, or bake a cake.

12. Activity – Being brave

- **Aim** – Explore what it would be like to feel *brave*.
 - Materials required – pen and paper.
- **Task** – *If you were a superhero, what powers would you like to have?*

What things would you do with your powers?

How would superpowers make you be braver?

How would your life be different?

Why would you like to have these powers?

What could help you feel braver?

If you were braver, what else could you do?

Draw a picture of yourself as a superhero and write about your powers. Other include how they make you brave. You could use pictures of celebrities or role models from sports or history to give you ideas. E.g., X-ray vision, or being invincible.

13. Activity – Having a laugh

- **Aim** – To have fun.
 - No materials required.
- **Task** – What makes you laugh?

What makes your friends laugh?

There are *several* things you can do to have *fun*. You could make a funny/silly song or poem or look up jokes and tell them to your family or do quizzes with your family and friends.

Can you think of any other ways to make yourself or others laugh?

Or other ways you or others can have fun?

14. Activity – Being hopeful.

- **Aim** – To be positive and look to the future.
 - No materials required.
- **Task** - Fill in the coloured questions below,

If you had three wishes what would they be?

How could you make your neighbourhood be a better place?

What achievements are you proud of?

What are you looking forward to?

Identify three goals to work on this term.

15. Activity – know yourself.

- **Aim** – Find out about yourself.
 - Materials required – print out of core self-hand out (below)
- **Task** – Go through and *fill in* the *handout* which on the page *below*. Try and be honest and if you cannot think of an answer, or do not know, think through it and see if you can find one.

Core self: help the child know him or herself. (handout)

- 1) My favourite food is.....
- 2) My funniest joke is.....
- 3) My most favourite lesson is.....
- 4) The person I would like to get stuck in a lift with is.....
- 5) My most special memory is.....
- 6) The best present I could get is.....
- 7) The best time of day for me is.....
- 8) My favourite clothes are.....
- 9) The best holiday I have had was.....
- 10) I love weather when it is.....
- 11) My most treasured possession is.....
- 12) My favourite DVD is.....
- 13) The sport I like to play most is.....
- 14) My favourite animal is.....
- 15) The best book I have to read is.....
- 16) My favourite hobby/activity is.....
- 17) My favourite piece of music is.....
- 18) My lucky number is.....
- 19) The pet I would most like to have is.....
- 20) I am good at.....
- 21) I look like.....
- 22) The bravest thing I have ever done is.....
- 23) The most exciting thing I have ever done is.....
- 24) The hardest the thing I have ever done is.....
- 25) My favourite time of year is.....
- 26) If I could choose to be anyone I would be.....
- 27) If I could change one thing about myself, it would be.....

- 28) I am not very good at.....
- 29) It is a real treat for me to.....
- 30) My best friend is.....
- 31) I won a prize for
- 32) When I need a hug I go to.....
- 33) The best thing about school holidays is
- 34) The worst thing about being ill is
- 35) When I am ill I like to.....
- 36) The worst thing that happened to me this year was.....
- 37) The best thing that happened to me this year was.....
- 38) I hate having to eat.....
- 39) The happiest day of my life was.....
- 40) I hate having to touch.....
- 41) My ideal room would be.....
- 42) I get really cross when.....
- 43) I feel lonely when.....
- 44) I feel really sad when.....
- 45) I feel angry about.....
- 46) My ideal family for me is one that.....
- 47) Sometimes it is hard to keep my temper when.....
- 48) If I had 3 wishes they would be.....
- 49) When I am happy I
- 50) When I am angry I like to
- 51) I get embarrassed when.....
- 52) It is irritating when.....
- 53) When I feel sad I
- 54) I am a little worried about.....
- 55) I feel disappointed when.....
- 56) I feel frustrated when.....
- 57) I feel frightened when.....

- 58) I am afraid of.....
- 59) Adults say confusing things like.....
- 60) When I am really upset I.....
- 61) I feel like singing when I.....
- 62) When I get confused I.....
- 63) I feel different to other people when.....
- 64) When things get out of hand I.....
- 65) I would like a letter from.....
- 66) Something I wish I had done but didn't is.....
- 67) I would like to get a call from.....
- 68) I wish I could tell my dad
- 69) I wish I could tell my mum.....
- 70) I would like to spend a day with.....
- 71) I like to daydream about.....
- 72) If I were a teacher I would.....
- 73) If I were a parent I would.....
- 74) If I ruled the country I would.....
- 75) If I could change my life I would.....
- 76) If I had a time machine I would go to a time when.....
- 77) One thing I would like to find is.....
- 78) If I could change one thing it would be.....
- 79) Three things I would change at home are.....
- 80) If I had a magic bus I would take.....
- 81) Three things I would change at school are.....
- 82) The best present to give someone is.....
- 83) If I had a treasure chest I would put these things in it.....
- 84) My new year's resolution will be.....
- 85) The best dream I ever had was.....
- 86) If I were a colour I would be.....
- 87) If I were an animal I would be.....

- 88) If I were a flower I would be.....
- 89) If I had superpowers I would.....
- 90) If I were a musical instrument I would be
- 91) If I were invisible for the day I would.....
- 92) When I am at school I feel.....
- 93) When I am at home I feel.....
- 94) When I am with my friends I feel.....
- 95) When I am alone I feel.....
- 96) If I had lots of money I would.....
- 97) If I could tell my teachers one thing it would be.....
- 98) Three things that make me feel angry are.....
- 99) Three things that make me feel proud are.....

Other resources

(5)Activity – Belonging and safe adults



(6)Activity – Understanding your place in the world

