

Happy head, happy body, happy feelings

Hello everyone,

I hope you are enjoying the sunshine.

This week we are going to slow down and do things that can make us feel happy. Things that are good for our head, our body and make us feel happy. I hope you enjoy the activities and have fun doing some of them. You do not have to do them all. If you have the time, try and do one activity from each section.

Activity 1: Happy bodies

Time to wake our body up. Exercise is good for your body, it makes us strong and helps to keep us fit. Spend 7 minutes doing some of the exercises below.

If you are feeling energetic do **Exercise 1**

Exercise 1: 7 minute HITT workout for children




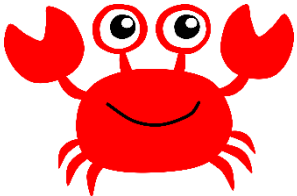
If you feel like going at a slower pace or need some ME time do **Activity 2**. You could even do your yoga in the garden.

Exercise 2: Yoga for kids

If you have a busy head do **Exercise sheet 3**

Exercise 3: Calm down yoga

Exercise sheet 1: 7 minute HITT workout for children

	Frog jump	Hop, hop, hop backwards and forwards like a frog
	Bear walk	Hands and feet on the floor, hips high, walk left, walk right. Walk like this for 1 minute.
	Gorilla shuffle	In a low sumo squat, use your hands to balance and shuffle around the room
	Star fish jumps	Spread your arms and legs wide and jump up and down.
	Cheetah run	Run on the spot as fast as you can. Try and run for a minute.
	Crab walk	Sit down, place your palms on the floor. Lift your hips up and walk on your hands and feet.
	The elephant stomp	March around, the room or the garden stomping your feet.

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster

CALM DOWN YOGA FOR KIDS



I am strong.



Use your strength to catch tricky waves.



I am kind.



Stretch high and spread kindness all around.



I am brave.



Be brave and fearless as you fly down the ski run.



I am friendly.



Stretch like a dog wagging its tail.



I am wise.



Be a wise owl perched on a tree branch.

Activity 2: Happy heads

Make a happy basket / box

You will need:

- a basket or a box
 - paint / crayons / scraps of paper / glue
1. If you are using a box, decorate it using paint, crayons or scraps of paper and glue
 2. Find 5 things that make you happy and put them in your box. Play with the items in your box when you want to feel happy.

Here are some ideas to help you:

- a favourite toy
- a favourite book
- something special that you like to cuddle or hold
- homemade stress ball (see Activity 3)
- sensory bottle (see Activity 4)
- playdoh
- anything that makes you happy

Happy emotions

Activity 3: How to make a home-made stress ball

You will need:

- a balloon
- flour
- pens



1. Pour flour into an empty, dry plastic bottle
2. Stretch a balloon over the neck of the bottle
3. Turn the bottle upside down and squeeze
4. Keep squeezing until all of the flour is in your balloon
5. Get someone to help you tie a knot in the neck of the balloon

6. Draw a face on your home-made stress ball
7. Put it in your happy basket / box, ready for when you need it

Activity 4: How to make home-made sensory bottles

You can make one or as many as you would like. There are different types to choose from. You will need:

- small empty plastic bottles with lids
- glue to glue the lids on with when you have finished

Choose which bottle you would like to make from the list below:

Sensory water bottle

Water, a few drops of food colouring (not too much), baby oil, glitter

Put everything in the bottle. Glue the lid on and shake. Watch the sparkles float in the liquid and fall.

Noisy sensory bottle

Fill your bottle with rice, pasta, gravel or tiny stones. Add some coloured beads, small coloured buttons, lego bricks or small alphabet shapes. Glue the lid on. Tip the bottle upside down and watch the items tumble.

Sensory bag

You will need a strong see-through bag that you can seal well. Fill it with hair gel and a few drops of food colouring. Do not over fill and seal it well. If you want, add some small plastic items to the gel before you seal it. Happy squishing. Try holding it up at the window and looking through it.



Put your homemade stress ball and sensory bottle in your happy box.

Happy emotions

When people are kind to us and we are kind to others, it makes us feel warm and fuzzy inside, we feel happy and we make others feel happy.

Try making a thank you stone and giving it to someone to say **thank you**.

Activity 5: How to make a happiness stone

You will need:

A good size stone or pebble

Paint

A brush, a stick or your fingers to paint with

1. Paint a picture or pattern on your stone
2. Leave it in the sunshine to dry
3. Give it to someone special to say thank you

Activity 6: Doing a good turn

1. Try making your bed in the morning

We all need a little help when we have grumpy moments. Try this, if you really concentrate it does help:

**Look around you, really look
Identify and name:**

- 5** things you can see
- 4** things you can feel
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste