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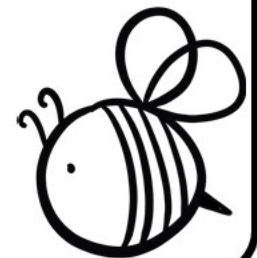
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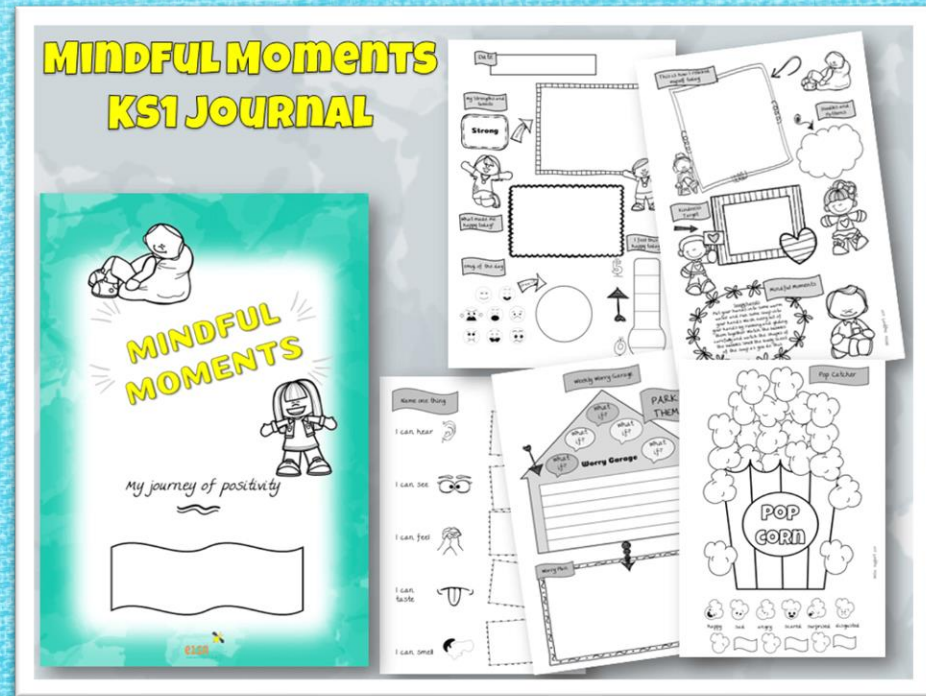
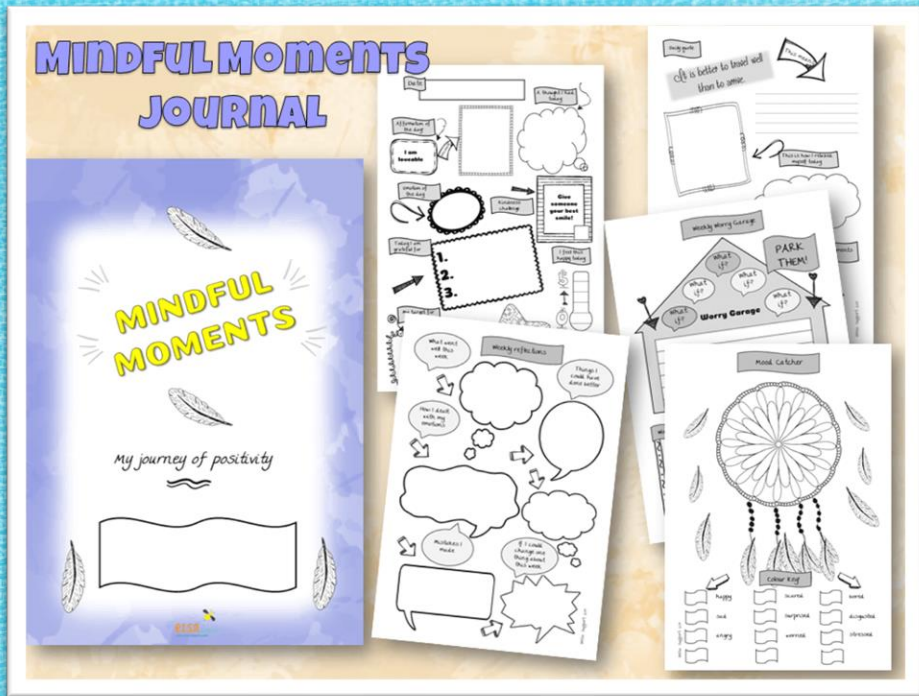


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OTHER RESOURCES YOU WILL LOVE!



CLICK THE
PICTURES TO TAKE
YOU THERE!



VISIT

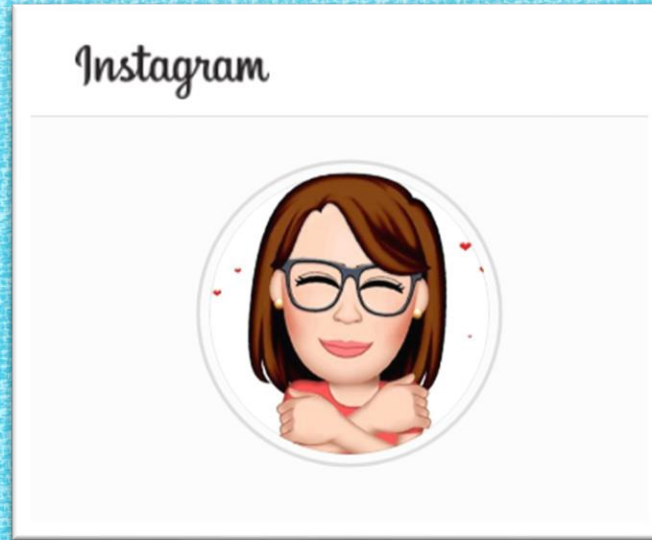
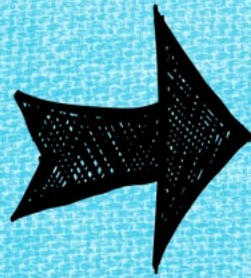
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FOR LOTS OF RESOURCES TO
SUPPORT PUPIL'S SOCIAL AND
EMOTIONAL WELLBEING



FOLLOW ME

CLICK THE PICTURE



ON INSTAGRAM

ELSA_SUPPORT

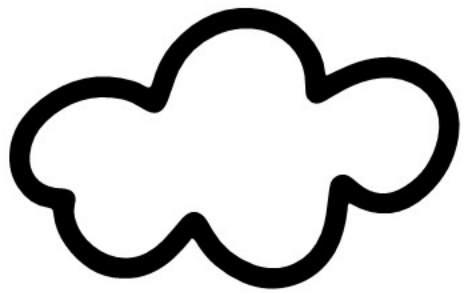
TAG ME IN ANY PHOTOS OF OUR RESOURCES

INSTRUCTIONS

Take care of your wellbeing whilst you are at home.

To keep you occupied, here are some challenges to do each day. Each thing will help you to feel happier in yourself so try to do them each day.

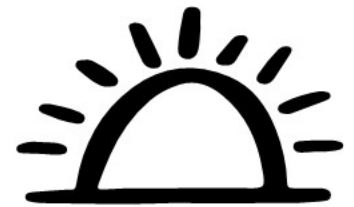
Sheets 4 and 5 have two versions, one for younger and one for older pupils.



WELLBEING
ISOLATION CHALLENGE
DIARY



A large, empty rectangular box with a black border, intended for writing or drawing.



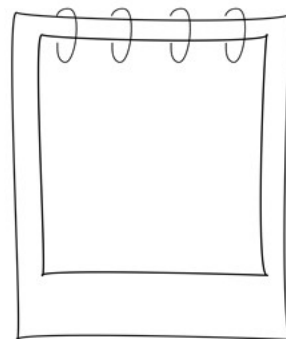
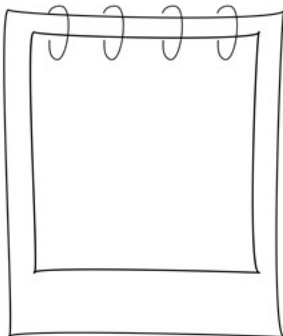
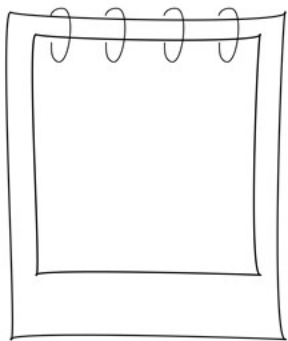
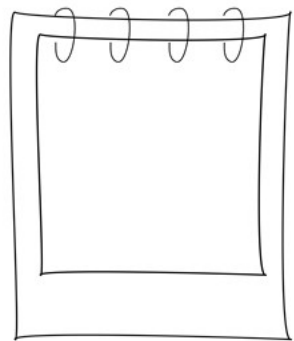
HELPING HAND



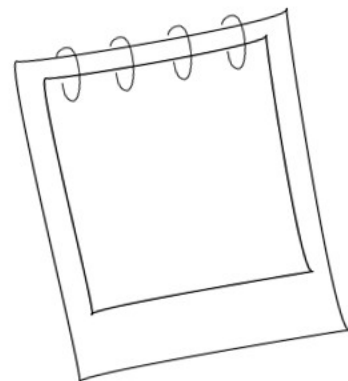
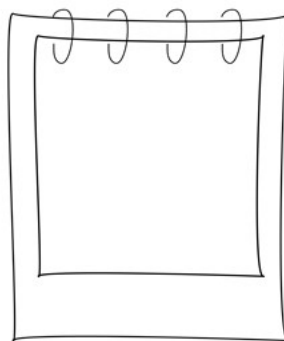
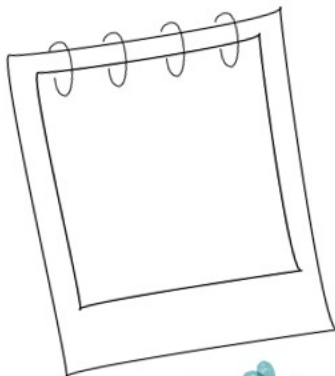
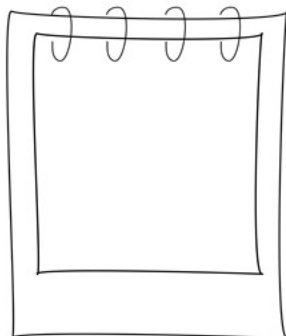
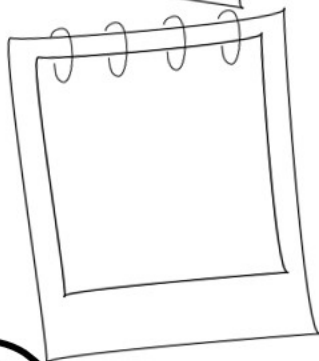
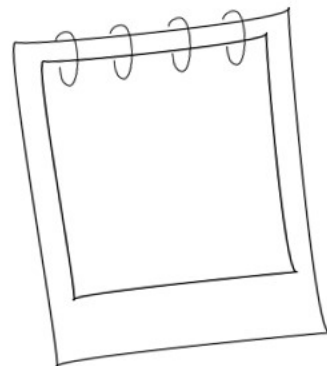
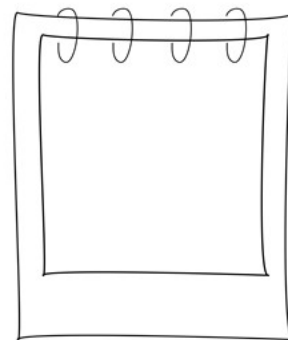
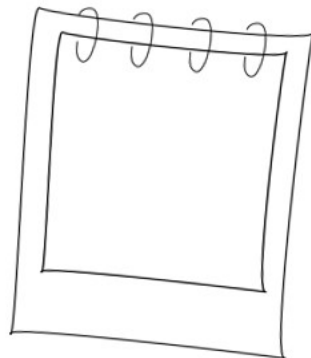
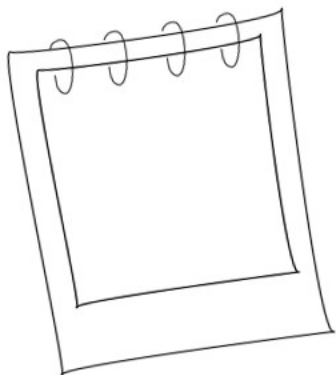
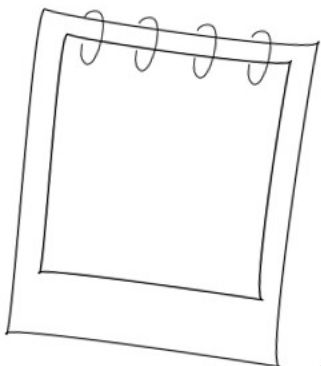
Who did you help today?
Colour in one hand each day when you have completed this task



CONNECT

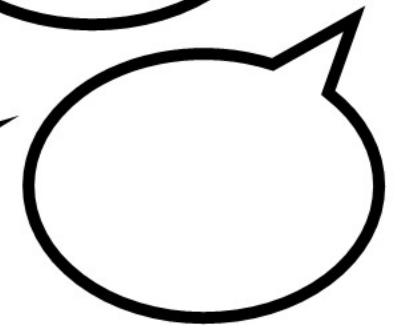
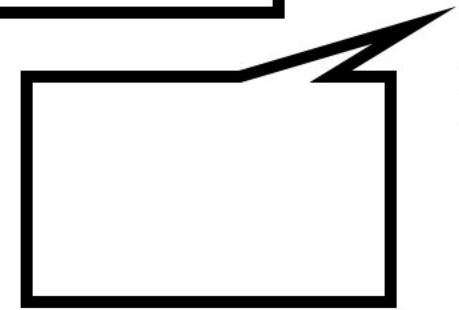
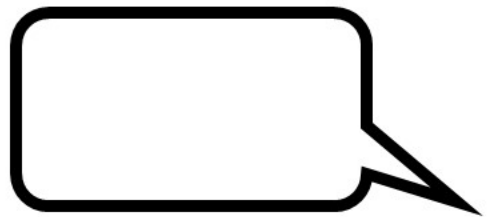
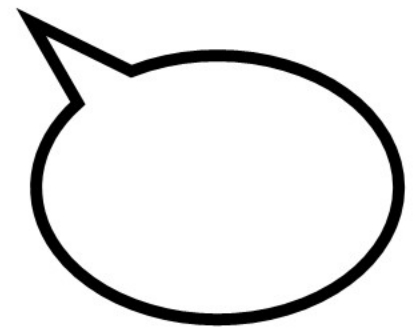
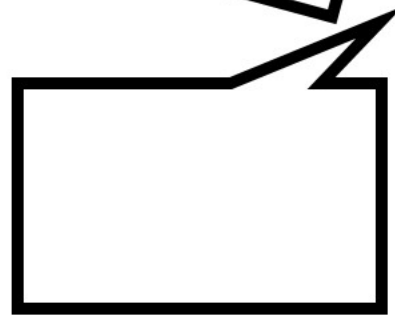
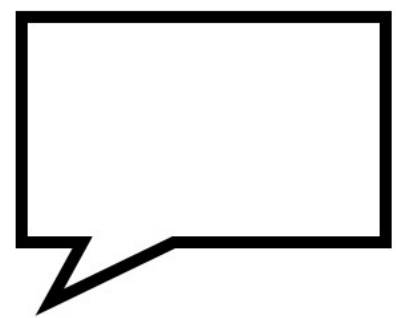
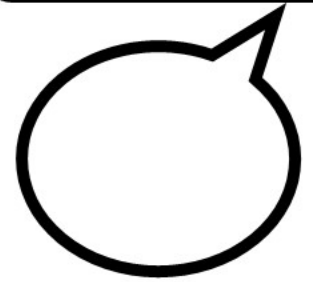
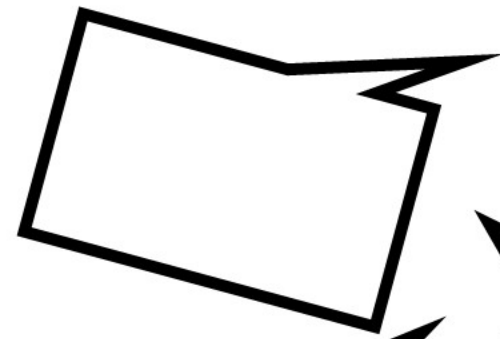
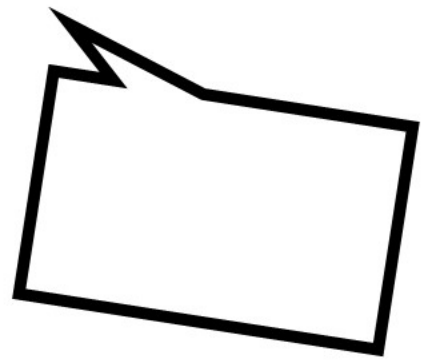
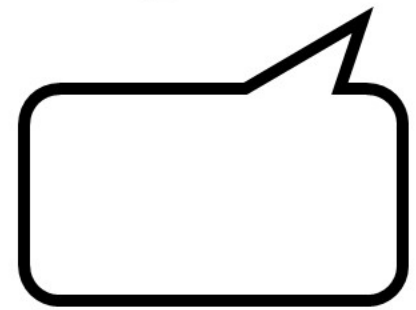
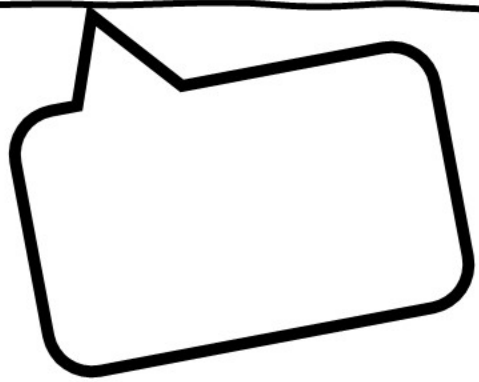
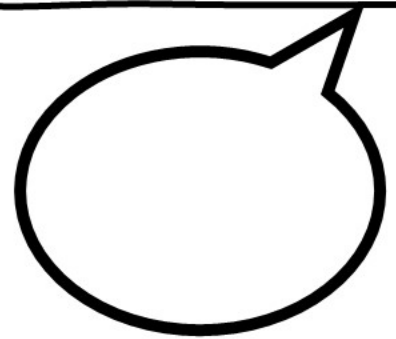
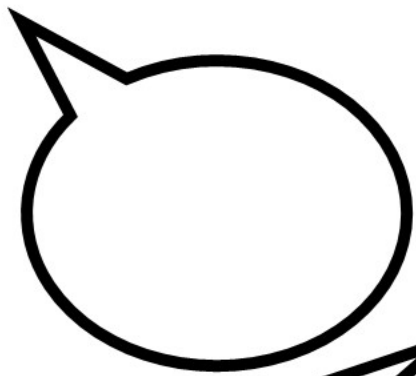


Who did you connect with each day? Write the name or draw a picture of one of the people each day

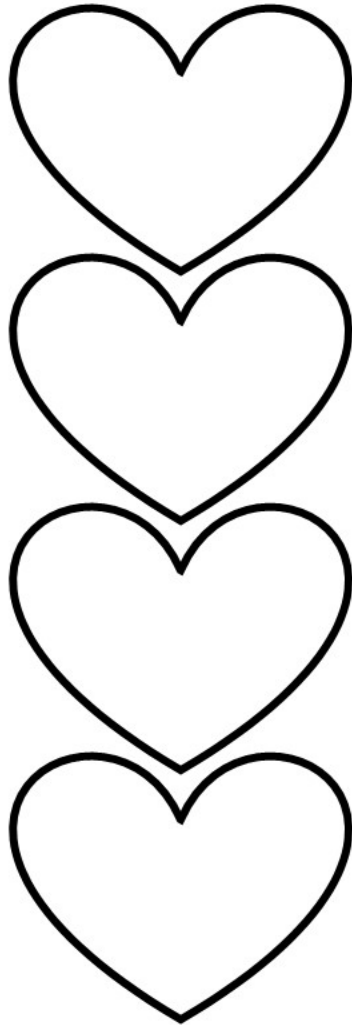
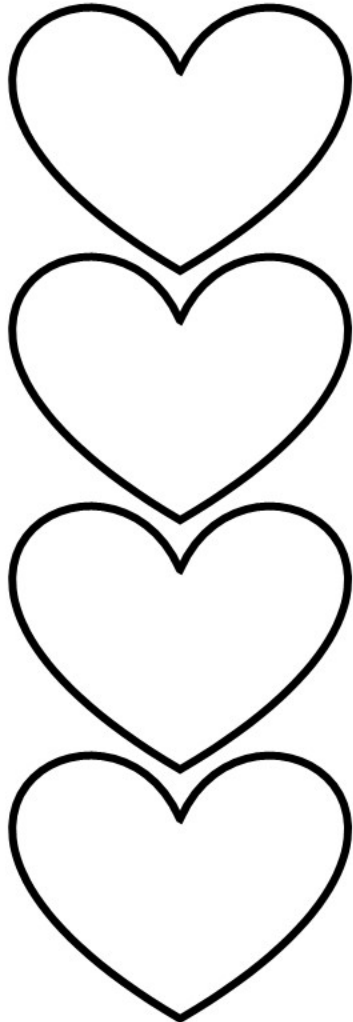
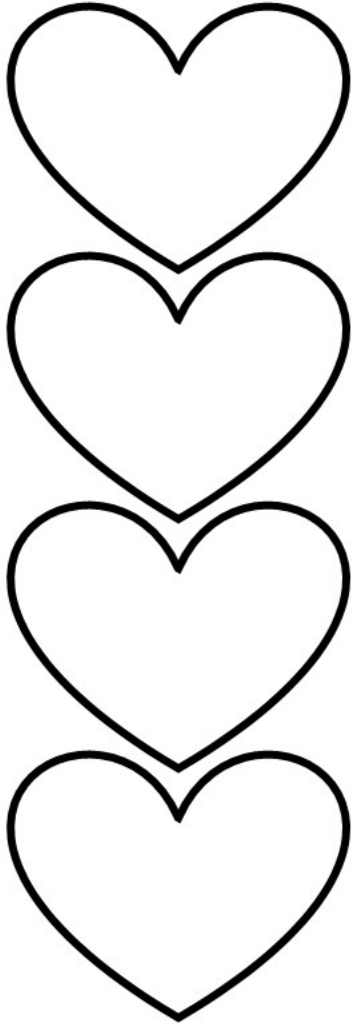


SKILLS

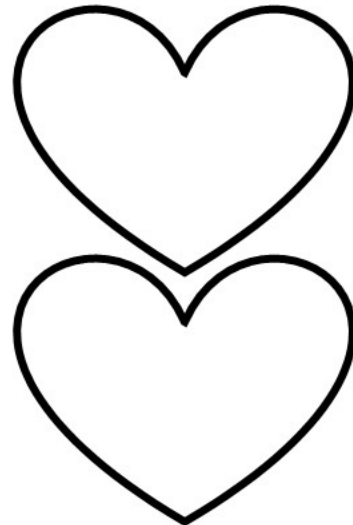
What did you learn today? Write in the talking bubble. It can be the smallest thing!



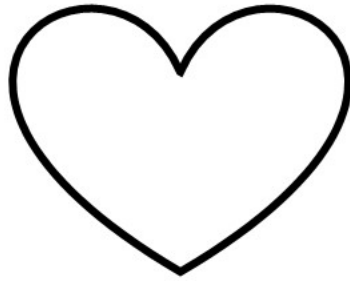
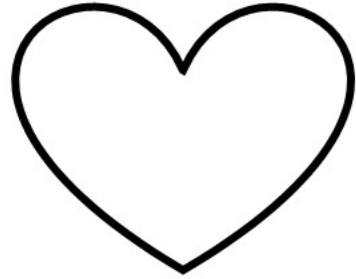
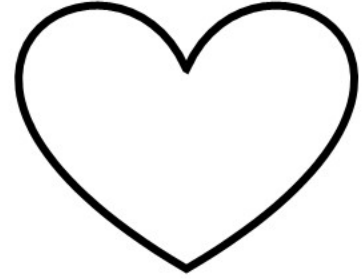
EXERCISE



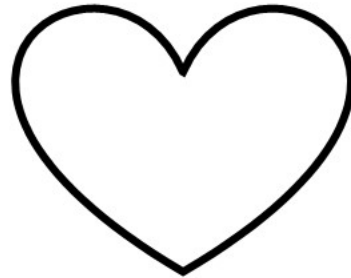
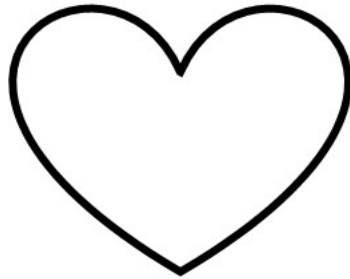
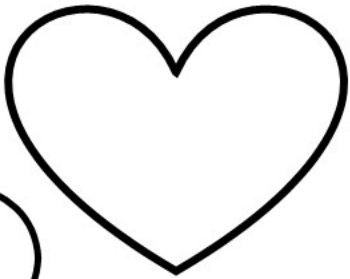
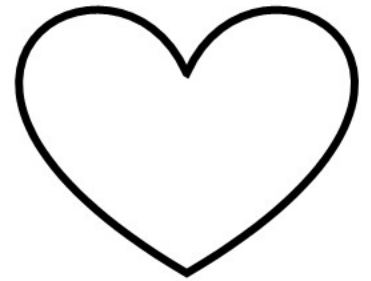
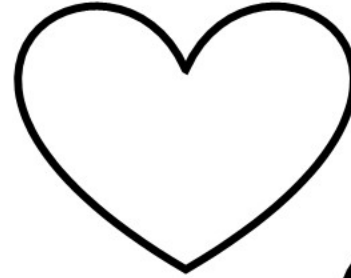
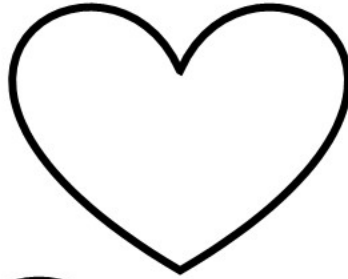
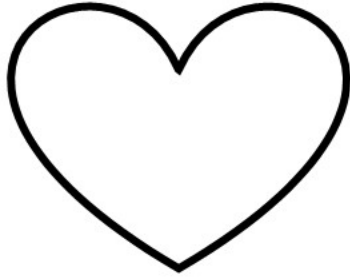
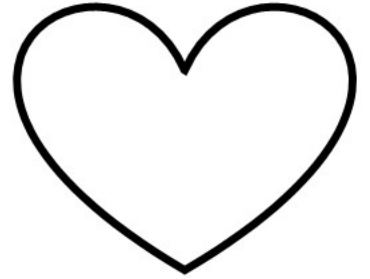
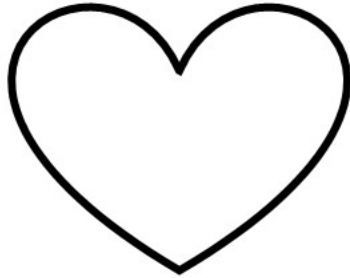
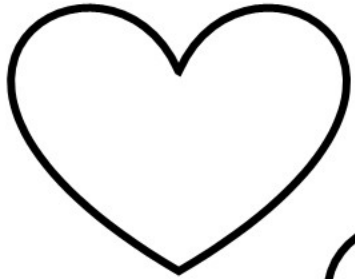
What exercise did you do today? It can be a walk, run, exercise routine. Anything at all. Count your heartbeats for one minute after your exercise and write the number in the heart shapes. An adult can help you find your pulse and count.



EXERCISE

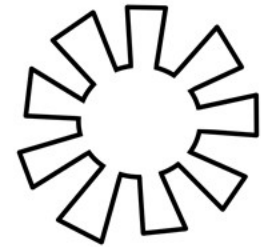
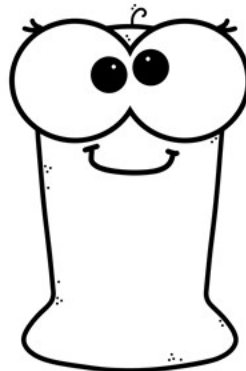
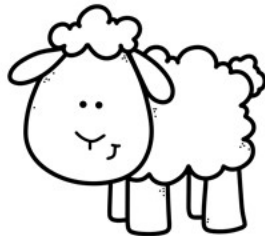
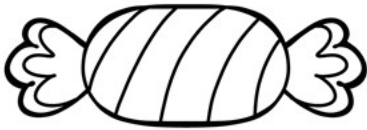
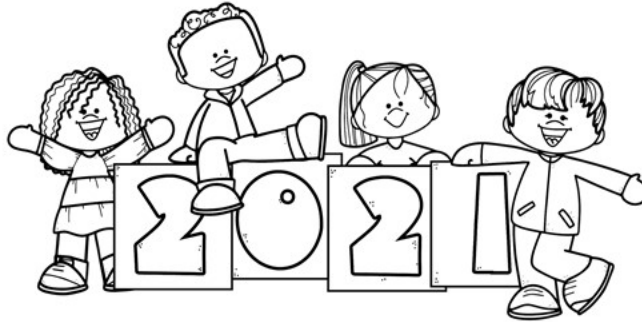
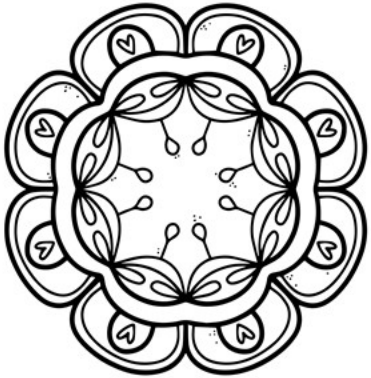
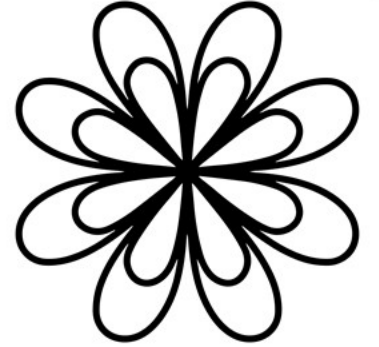
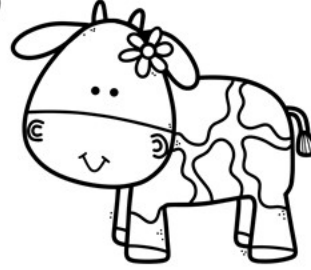
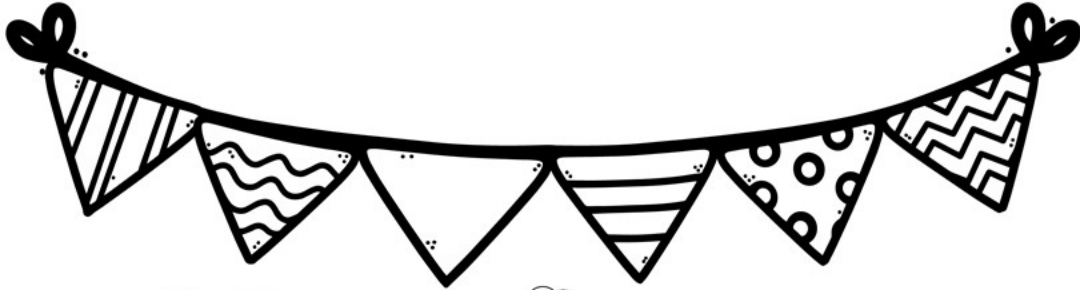


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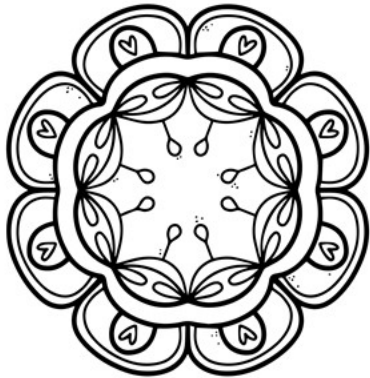
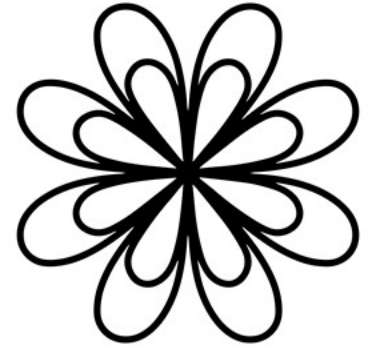
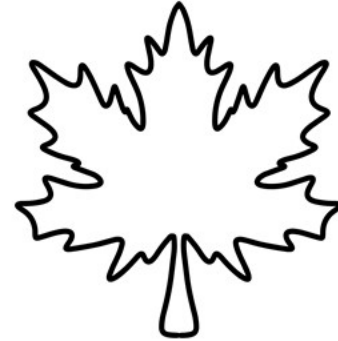
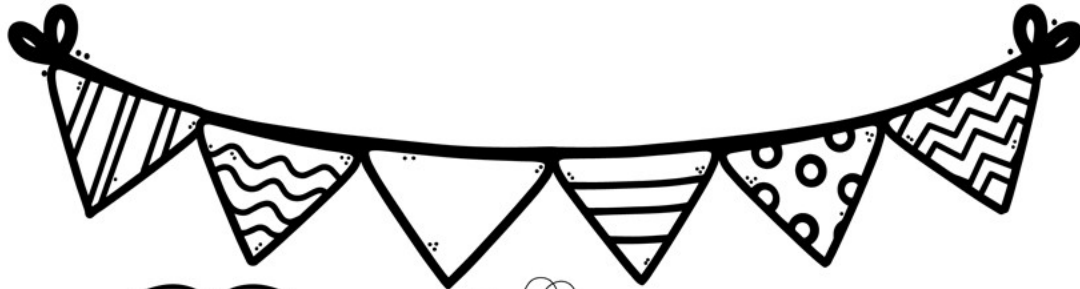
MINDFULNESS

See if you can colour in one thing each day.

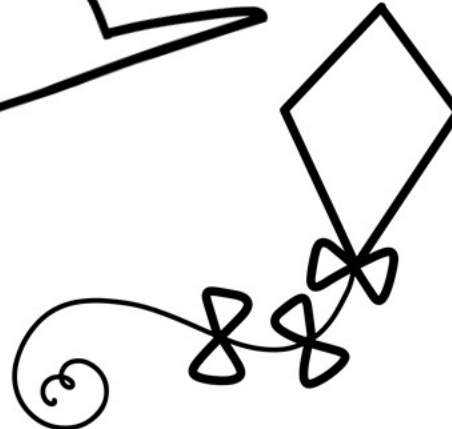
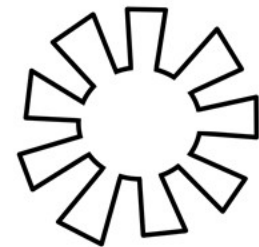
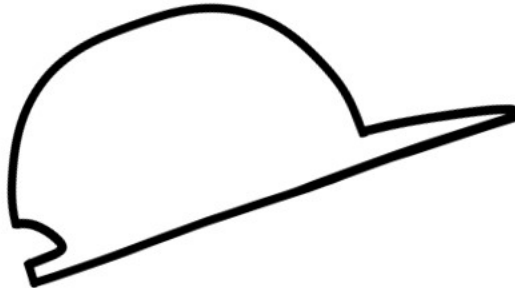
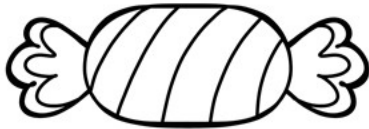


MINDFULNESS

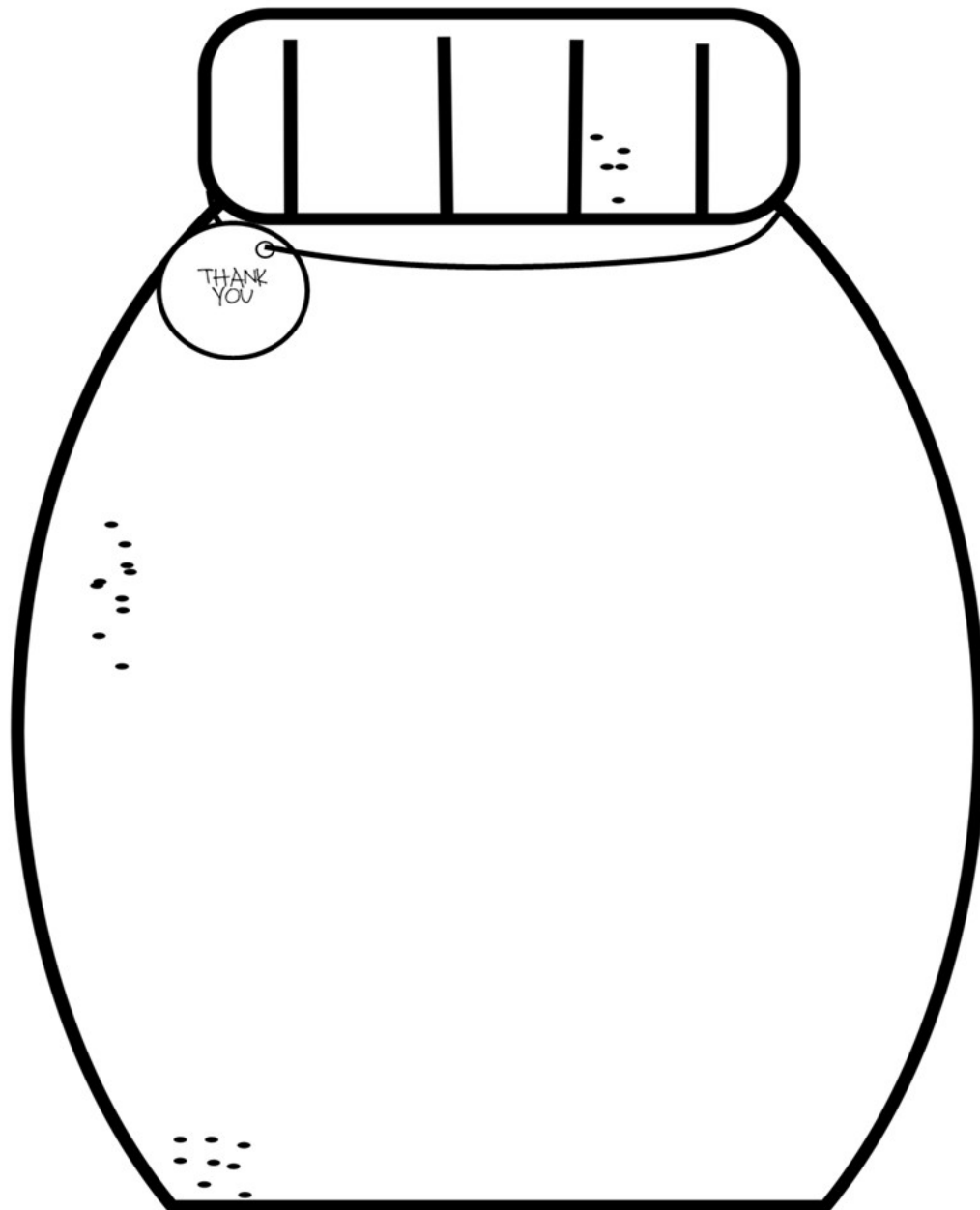
See if you can colour in one thing each day.



2021



GRATEFUL



Fill up the 'grateful jar' with drawings of things you are grateful for today

PLAN IT!

Plan your days so you know what you are going to do today. Think about things that make you feel happy

Date	

Date	

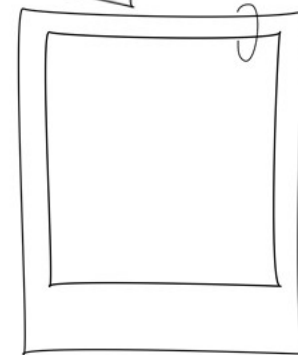
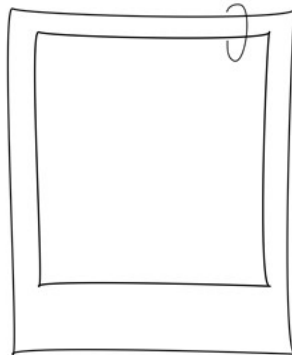
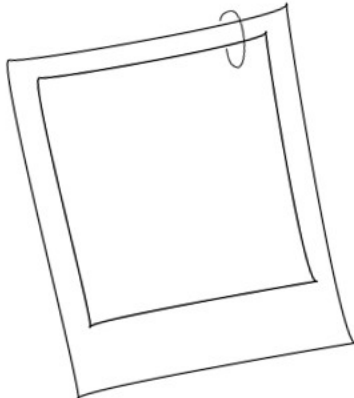
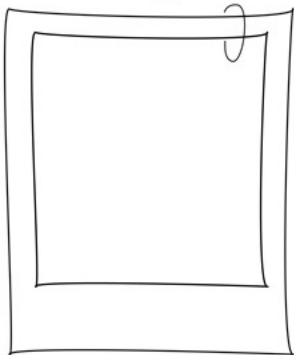
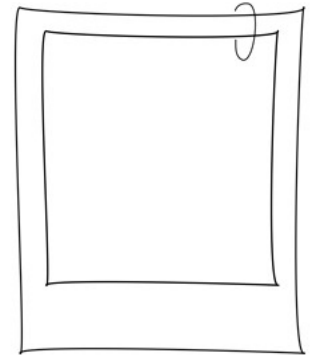
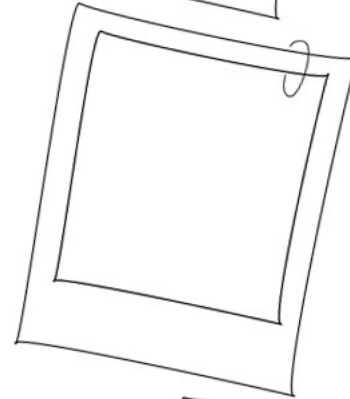
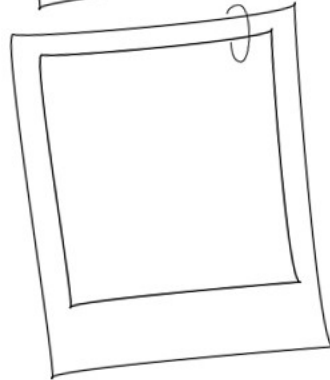
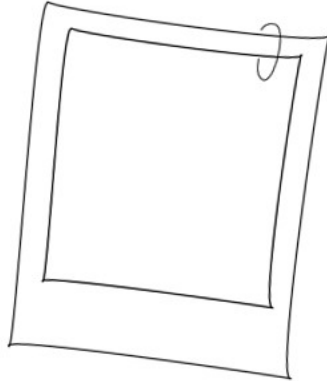
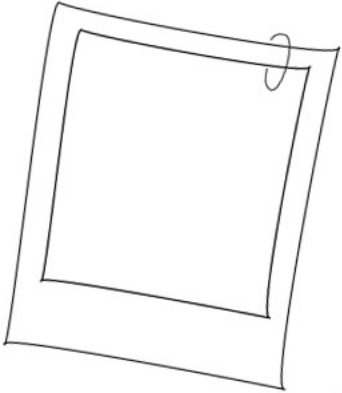
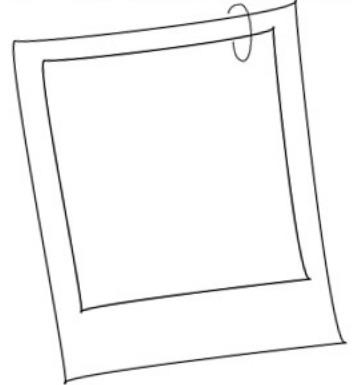
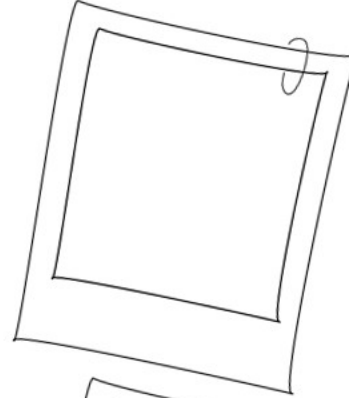
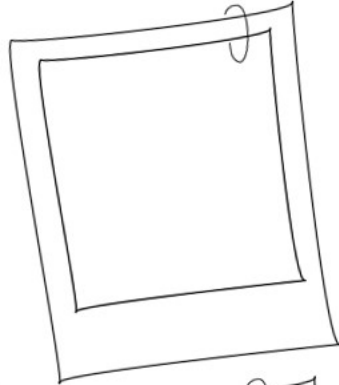
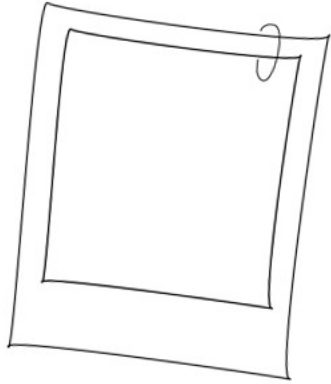
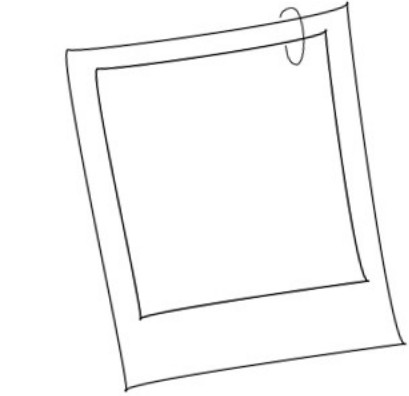
WORRY NOBBLES!

What is worrying you today? You can jot it down here. Write down what you need to do about your worry. What calming strategy can you use? Who can you talk to?

Date	My worry	What can I do about my worry?

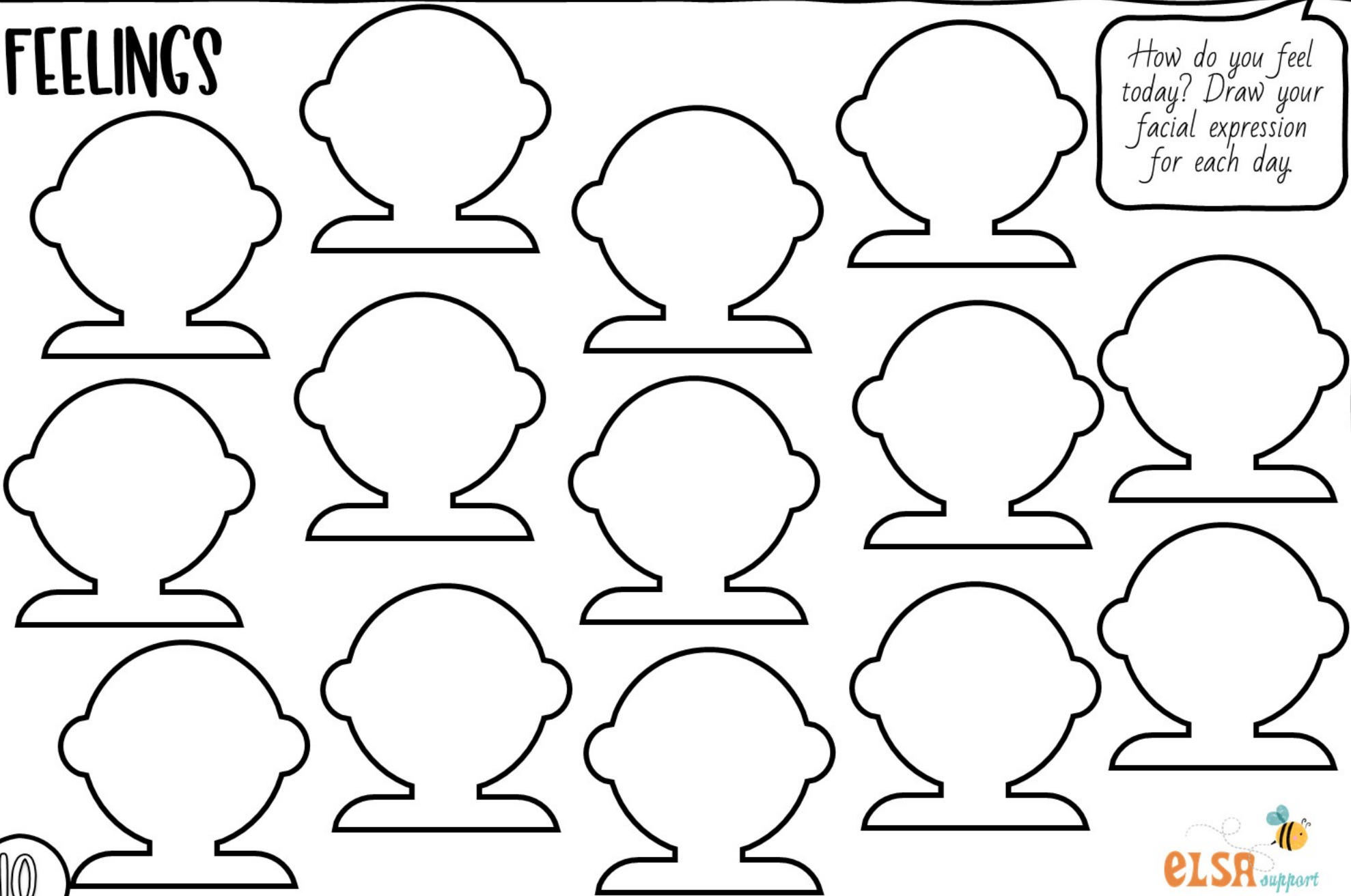
HAPPINESS

What made you feel happy today? Draw a picture or write in each box.



FEELINGS

How do you feel today? Draw your facial expression for each day.



DRAWINGS

Draw anything
you like on this
page

WRITING

Write anything
you like on this
page
