

# 14 DAY CHALLENGE

Parents and Teaching Staff

We have put together **our 4<sup>th</sup> Pack** of activities for your children. Each activity is hyperlinked to a resource on the ELSA Support website. Basically this means if you click the BLUE TITLE of each activity it will take you to a page on our website. You can download and print the activity for your children.

The activities will help your children's wellbeing at this difficult time and hopefully help to keep them occupied in a proactive and beneficial way.

These activities could also be used during holidays.

You can do them in any order or miss days out. It doesn't really matter. It is purely there for you to use if you need to.

School staff you may choose to print out some or all of the activities for the children to take home. You also have permission to email the pdf of this file to parents if you want to. You may also host this file on your websites.

♡♡Debbie♡♡

You can find the other challenges here. Please click the pictures to take you there.

**ELSA SUPPORT 14-day Home Challenge**  
Click the BLUE writing to take you to a resource which you can download and print

<b>I see kindness in unexpected places</b> Look at the things around you that you don't usually notice. Write down 5 things that you think are kind or helpful.	<b>Barbecues full of happiness</b> Think of the best BBQ you've ever had. Write down 5 things that made you happy.	<b>Random mood tracker</b> Use this mood tracker to track your mood over the next 7 days. Write down what you did to make your mood better.	<b>Rocky Top</b> Imagine you are a rock on a mountain. Write down how you feel about being there.	<b>Walking Rainbow</b> Go for a walk in your garden or a park. Write down 5 things you see, hear, or smell.
<b>Lockdown reflections</b> Think back to the start of lockdown. Write down 5 things you are grateful for now.	<b>Warm and fuzzy jar</b> Write down 5 things that make you feel warm and fuzzy.	<b>Feelings boat</b> Draw a boat and write down 5 feelings you have experienced recently.	<b>About my Peas in a Pod</b> Write down 5 things you like about your family.	<b>Powerful poems</b> Write down 5 powerful words and what they mean to you.
<b>Showering 100%</b> Write down 5 things you are proud of about yourself.	<b>Ball e story</b> Write down 5 things you love about your favourite sport.	<b>Sunny Smiles</b> Write down 5 things that make you smile.	<b>Take away bag</b> Write down 5 things you would like to take away with you.	

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<b>Design a worry monster</b> Design a monster that represents your worries. Write down what it looks like and what it does.	<b>Roll a die and guess</b> Roll a die and guess the number. Write down how many times you are right.	<b>Friends Booklet</b> Write down 5 things you like about your friends.	<b>Sharky Story</b> Write a story about a shark. Write down what you think.	<b>Happy Visualisation</b> Close your eyes and imagine a happy place. Write down how you feel.
<b>A-Z about me</b> Write down 5 things about yourself starting with each letter of the alphabet.	<b>About my Mabel</b> Write down 5 things you like about your favourite character.	<b>Characteristics</b> Write down 5 characteristics of your favourite animal.	<b>EASTER Challenge</b> Write down 5 things you like about Easter.	<b>Pieces of me</b> Write down 5 things you like about yourself.
<b>When you're feeling worried</b> Write down 5 things you can do when you're feeling worried.	<b>My time in Year 4</b> Write down 5 things you remember about Year 4.	<b>Calm and Relax</b> Write down 5 things you can do to feel calm and relaxed.	<b>ELSA Support Self-esteem challenge</b> Write down 5 things you are proud of about yourself.	

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<b>Happy fish Booklet</b> Write down 5 things you like about your favourite fish.	<b>Jar of Courage</b> Write down 5 things that give you courage.	<b>Big is a Big</b> Write down 5 things that are big.	<b>Star Breathing</b> Write down 5 things you like about stars.	<b>Self-esteem Booklet</b> Write down 5 things you are proud of about yourself.
<b>Handed Pig Pig</b> Write down 5 things you like about your favourite pig.	<b>Happiness Challenge</b> Write down 5 things that make you happy.	<b>Handed Vines</b> Write down 5 things you like about vines.	<b>Handed Rainbow Walk</b> Write down 5 things you like about rainbows.	<b>A-Z of Self-care</b> Write down 5 things you can do for yourself.
<b>Handed a Day</b> Write down 5 things you like about your favourite day.	<b>20 Facts</b> Write down 20 facts about your favourite topic.	<b>Handed Challenge</b> Write down 5 things you like about your favourite hand.	<b>My Perfect Day</b> Write down 5 things you would like to do in your perfect day.	

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## **Affirmations Fortune Teller**

Pick one of the characteristics and spell it out by moving the fortune teller. Pick a number and move the fortune teller that number of times and then they pick another number and look to see what the affirmation says.

## **Smiling challenge**

Smiling has so many benefits why not try this smiling challenge?

## **Gratitude and Emotions tracker**

Track your mood and things you are grateful for or appreciate. We can all think of the good things if we try hard enough.

## **Inside feelings**

Use this resource to explore your inside and outside feelings. You might look sad but feel angry inside.

## **Positivity cards**

Use these to help give yourself a boost each day. Perhaps you could make some of your own positivity cards and give them to your family members?

## **Gratitude walk**

Use your senses when you go out for your daily exercise. What can you see, hear, feel, taste and smell?

## **Colour your characteristics**

Give your self esteem a BIG boost by colouring in all your positive characteristics

## **Mini Gratitude tab booklet**

Cut out your booklet carefully and then think of all the things you are grateful for. You can categorise by using the tabs at the side such as 'home', 'school', 'friends' and so on

## **Mindful masks**

Try some mindful colouring today by choosing some masks to colour. Really enjoy the feeling of relaxation as you do your colouring

## **Make a funny face**

Make a funny face or an emotion face with this simple exploratory activity.

You can draw eyes and mouths, cut them out and glue to the face. You can add colour and hair if you wish.

## **Positivity potion**

What would you put in your positivity potion? A pinch of kindness

A dollop of bravery

A sprinkle of loyalty

## **Mindful minute bookmark**

Make this bookmark up to remind you about taking time to relax and be mindful



## **Happy Flip flop**

Write or draw what makes you happy behind the smiley face.

## **Mindfulness affirmations**

These mindfulness affirmations are a combination of mindful colouring and affirmations. Can you think of an 'I am' and 'I can' statement?

