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INCLUDES 48 NEGATIVE THINKING CARDS AND AN EDITABLE FILE SO YOU CAN MAKE YOUR OWN



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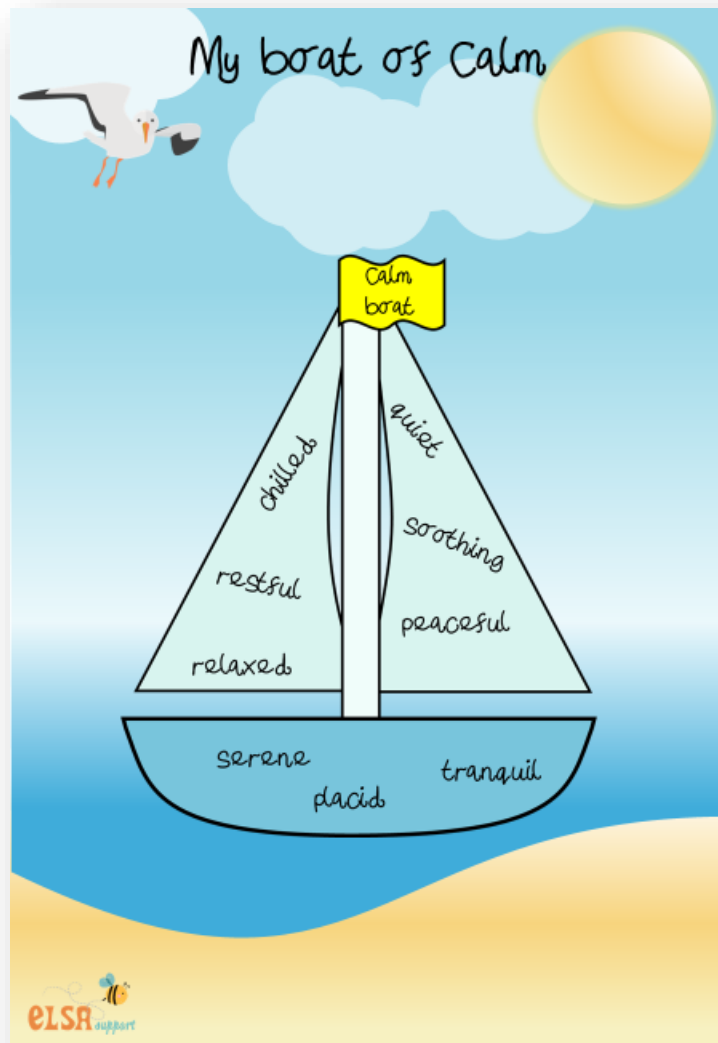


## Social and emotional 'boat' activities

Lots of ideas on how to use a simple crafting activity for social and emotional uses. This is an example of 'My boat of calm'. Pupils fill the boat with calming words. These might be ones they know or ones they find out themselves or through support from you.

You could use this as a whole lesson for a small group of children or one to one support.

Crafting and making things has so many benefits. Pupils are more likely to chat to you and open up.



# Ideas for using the boat template

Add patterns and colour for mindfulness practice.

Fill the boat with worries and let the boat sail away with them.

What might you see, hear, feel, smell and taste if you are sailing in a boat on the ocean? Write or draw those things on the sails.

A sailing boat with its sails out looks tall and proud. What makes you feel tall and proud? Write or draw things on the sails.

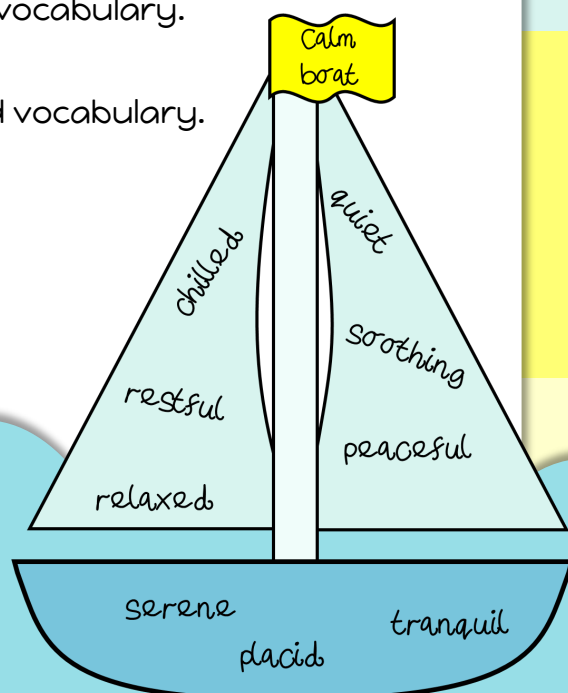
The ocean can be calm, wavy or stormy just like emotions. Sometimes your emotions might be calm, wavy or stormy. Write or draw all the stormy emotions on the sails of the boat.

If the ocean is stormy you might need to drop your anchor until things settle down. This is like grounding yourself. How might you ground yourself? Write or draw on the sails.

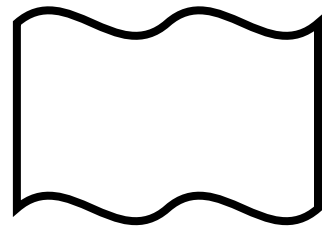
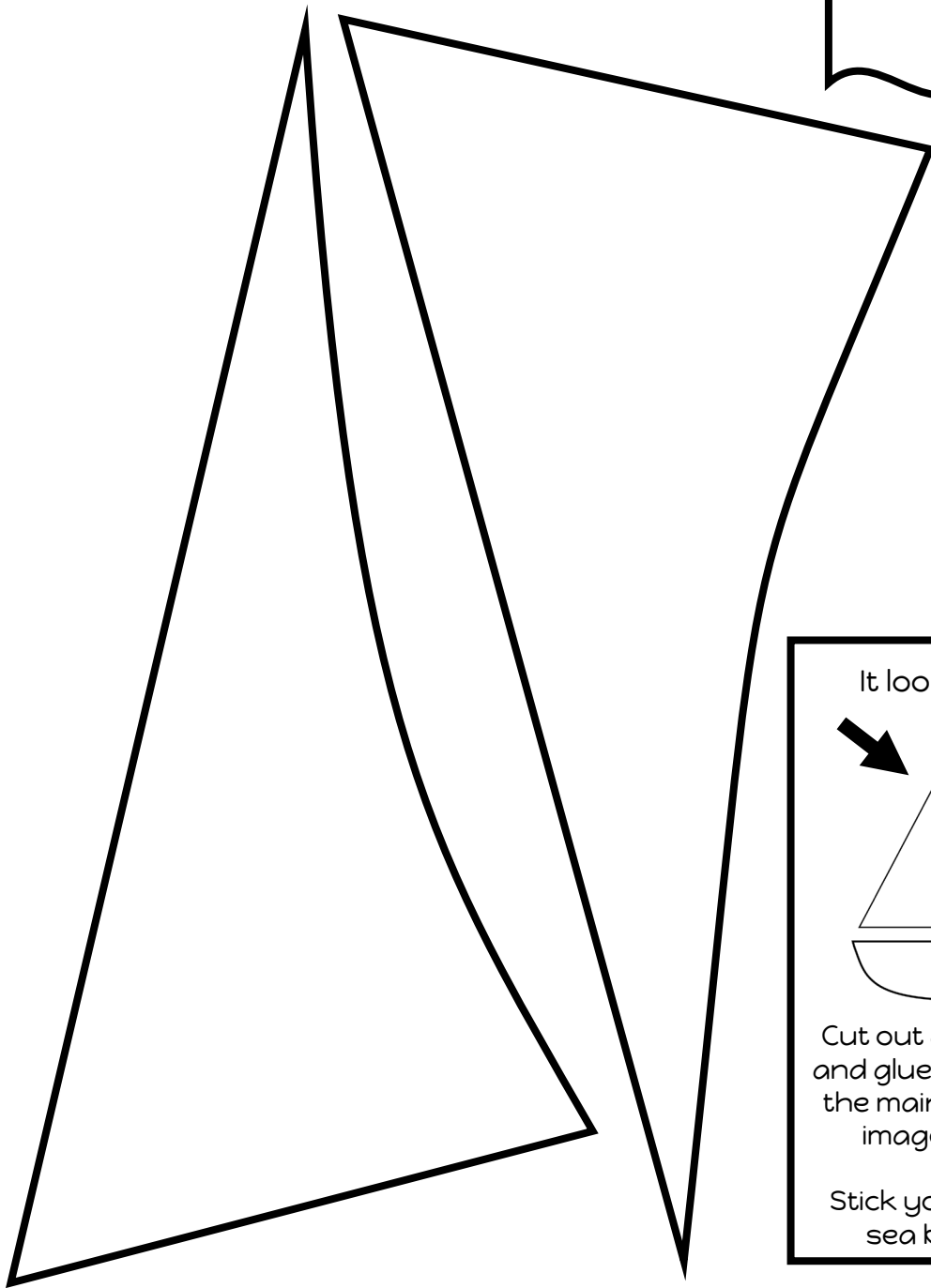
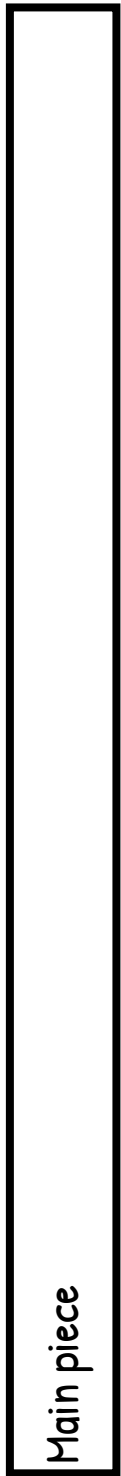
Your boat might be on a calm ocean where the water is still and silent. What brings you calm and peace? Fill the sails with things that bring you calm and peace.

Fill the sails and boat with calming words and vocabulary.

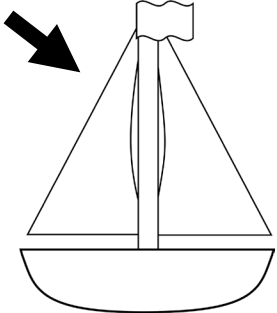
Fill the sails of the boat with stormy words and vocabulary.



# Boat template

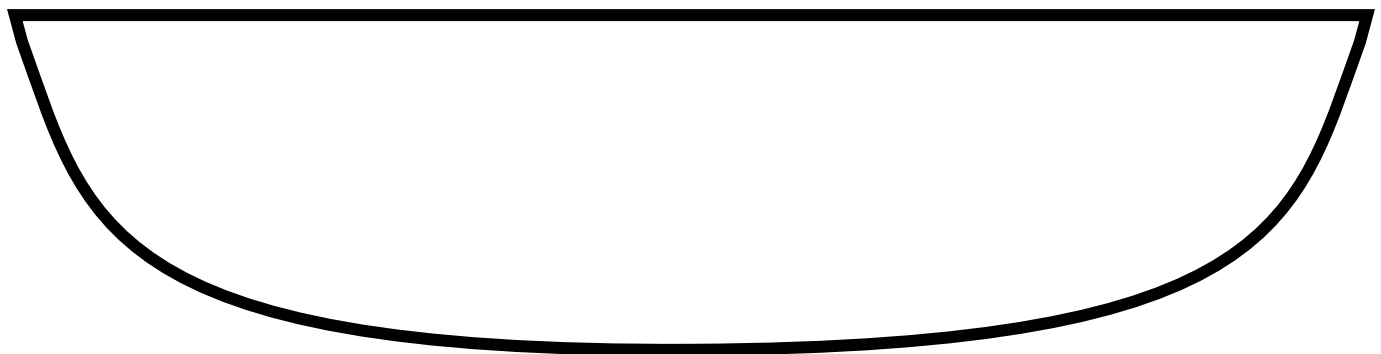


It looks like this

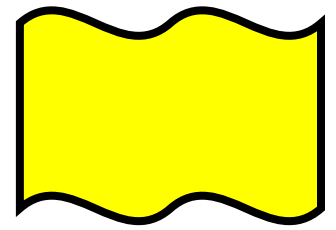
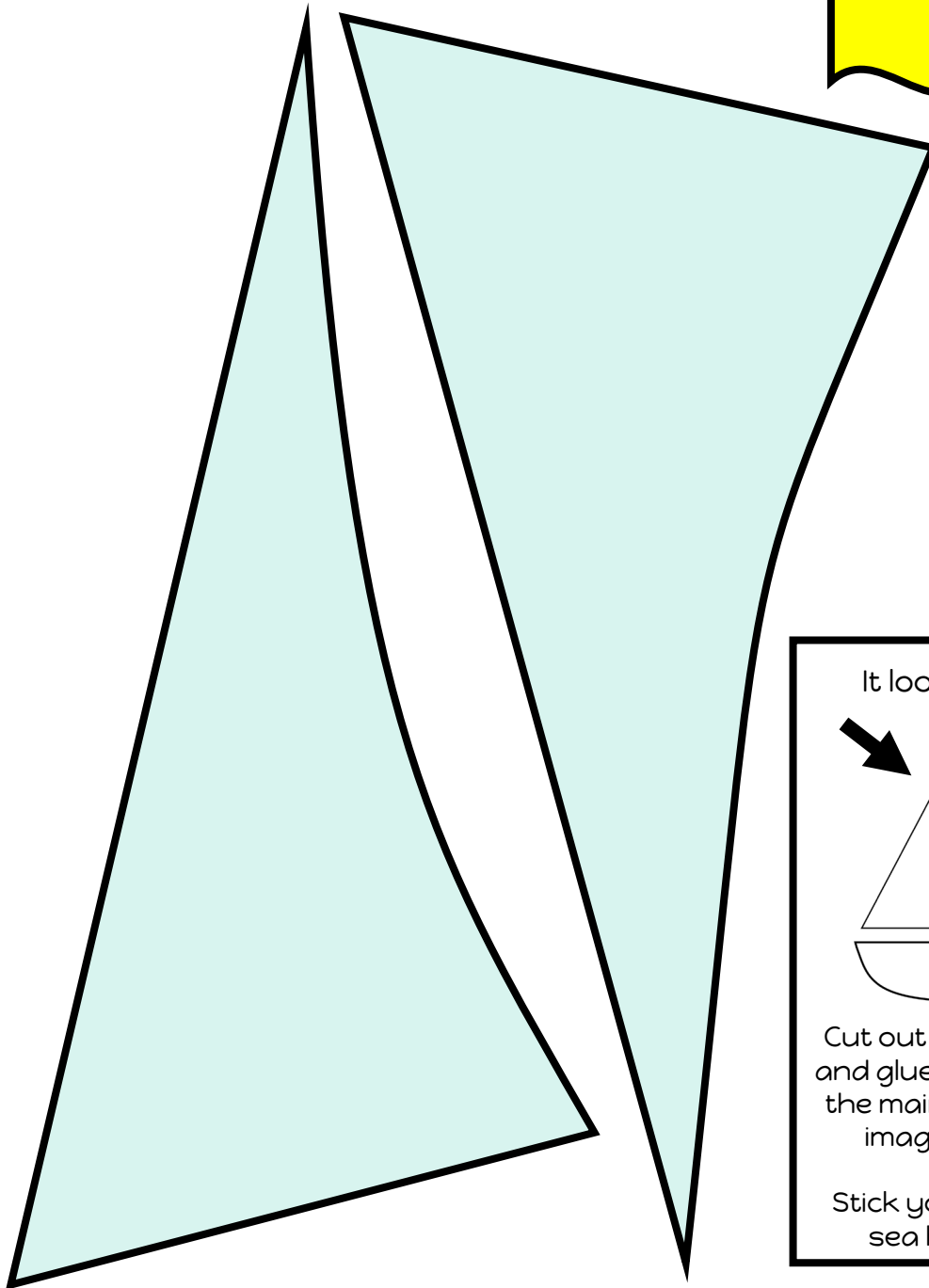
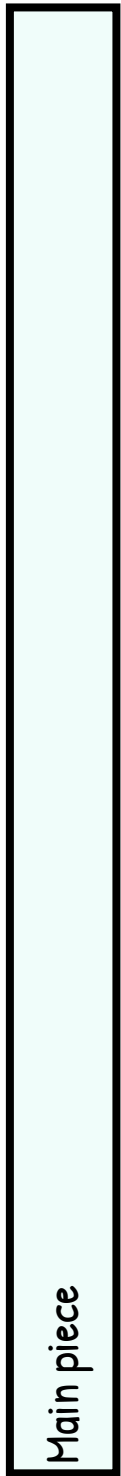


Cut out all of the pieces and glue all the pieces to the main piece. Use the image as a guide.

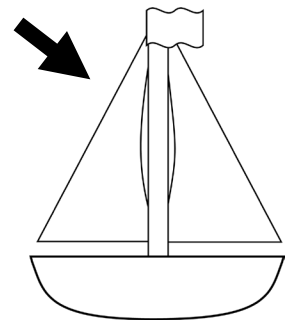
Stick your boat to the sea background



# Boat template



It looks like this



Cut out all of the pieces and glue all the pieces to the main piece. Use the image as a guide.

Stick your boat to the sea background



