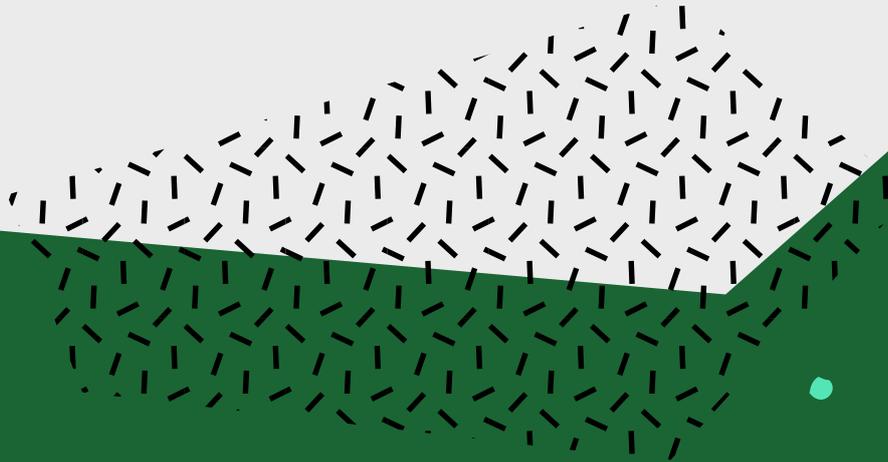


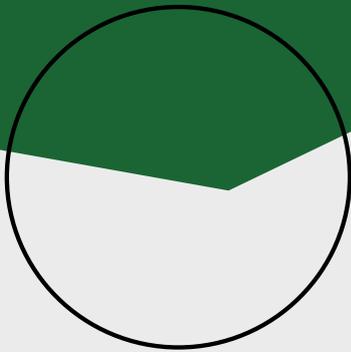
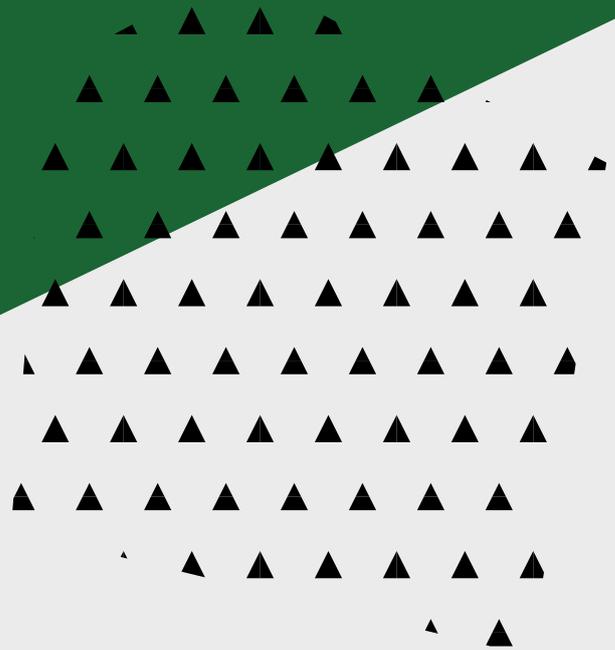


Unlocking Potential



UP's Weekly  
Well-being activity

06.04.20





Unlocking Potential

## What's inside....

In recent weeks there has been so much going on and there have been lots of changes to everyone's lives. These kinds of changes can create a lot of unexpected feelings. Unlocking Potential is here to help children understand and communicate their feelings during this time.

Each week, while you are not able to go to school, Unlocking Potential will be sending activities home to help with some of the small and the big feelings that you might be having.

Many of these activities will have an accompanying demonstration video you will be able to find on the Unlocking Potential Youtube Channel. We hope you enjoy receiving our Weekly Well-being activities and find them useful!

### Here's what's inside this week:

#### Hand Breathing

This is a great calming exercise for both adults and children. You can do this anywhere when you have a difficult feeling and your brain needs a moment to reset. See here for our UP video of hand breathing: <https://youtu.be/mtPaKkEMwkk>

#### Circles of Support

This activity will help you to identify the people in your life who are the most special to you and who are there to support you when you have a difficult feeling or something unusual is happening. It is important that we keep in contact with the people in our life that make us feel happy, safe, and good about ourselves.

You can make your own circles of support drawing - see here for a video showing how to do this: <https://youtu.be/6NTRXzuxIDQ>

#### Inside Scavengers

It can be hard to think of new games to play inside. This is a fun activity you can do on your own or with someone in your house!

#### For Parents/Carers: 5 tips for talking to your child about COVID - 19

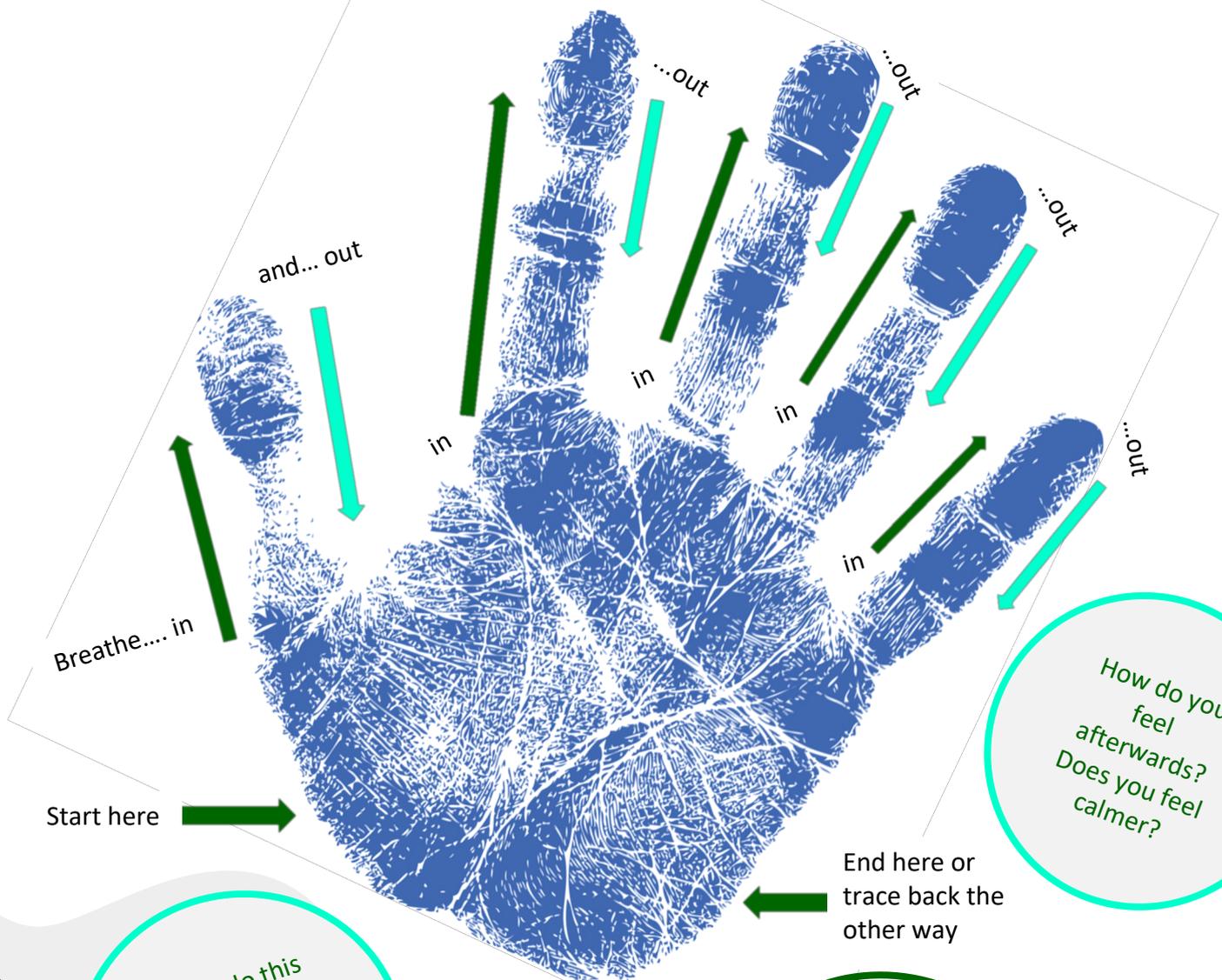
It can be difficult to know how to talk about coronavirus to children in a way that they can understand. Have a look at our 5 top tips to help with this. You can also find a video talking through this here: <https://youtu.be/fH--Jzljt8U>



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## Hand Breathing

- Hold up one hand with your fingers stretched out
- Hold up the pointer finger of your other hand
- Point to base of your thumb (shown in the picture)
- Now begin to slowly trace the edges of your fingers -
- As you go **up** each finger **breathe slowly in**
- As you go **down** each finger **breathe slowly out**



You can do this as many times as you need until you feel calmer

You could have competition with someone in your house to see who can go the slowest!

How do you feel afterwards?  
Does you feel calmer?



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## Circles of Support

Inside the circles you can write the names of the people who are special to you, who you can talk to when you have a difficult feeling and who make you feel good about yourself.

Start with the circle in the middle, this is for you, you will see that you are surrounded by people who care about you and are there to help you.

*The other people in my life that are important and who are also there to help when I need it*

*The people in my life who are most important to me and are always there for me*

*My name and a picture of me*

*You could even draw pictures of the people who are special to you!*

*Right now, you are thinking of these special people, and there are lots of times that they will be thinking of you too!*



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## Inside Scavengers

Hello **Scavengers!**

While we all need to stay inside and keep safe, there is no reason we can't still have some fun and adventures too!

This week, to help you get your brains and your bodies moving, we are sending you on a scavenger hunt!

You can do this on your own and see how many you can get in 5 minutes, or you can play with someone else in your home and see who can get them all first. You could even play online against one of your friends or an adult while they are in their home.

Good luck and happy scavenging!!

- A fork.
- A hat.
- 2 things that are red.
- A book with pictures.

Something that has come through the letter box.

- Something shiny.
- A pair of glasses.
- Something that makes a noise.
- Something round.
- A key.

We think all of these things should be lurking about in your home somewhere!

Maybe you could create your own scavenger hunt for the people you live with to do.



Unlocking Potential

## 5 tips for talking to your child about COVID - 19

### 1) Find out what they know

Our first tip for talking to your child about the Coronavirus is to ask them what they already know. They will have been hearing about it already. In the weeks before schools shut they will have been having conversations in the playground, they may have overheard you talking about it or even been watching things on the news. Their knowledge may contain some good facts you can talk about together, but there also may be some fictions that you can help straighten out with them.

### 2) Keep calm

Children are amazing at picking up on other people's emotions and if you are feeling anxious, then they may begin to worry more themselves. The situation around the Coronavirus can be overwhelming and with that bring lots of valid worries. It can help to take a few moments to calm down, ground yourself and take some deep breaths before sitting down with your child to talk about their worries.

### 3) Keeping themselves safe

In times of uncertainty and change, children can feel overwhelmed and may find having some practical things to do, helps them regain some level of normality. Explaining to them how they can keep themselves safe from the virus will give them a sense of having some control over their environment. Let them know that small things like washing their hands, keeping inside (or 2m away from others if doing their daily exercise) and sneezing into tissues goes a big way to helping keep them safe.

### 4) Know your child

You know your child better than anyone else and so you will know what an appropriate level of information is to share with them. Be mindful of this when talking to them about what's going on. They need to know clear simple facts, but not all of the details. It might be helpful to avoid having the news on when they are listening and to try to keep adult conversations away from their very keen ears. Keep your answers to their questions honest, but simple.

### 5) Keep checking in

Remember to keep checking in with your child; try and see how they are doing daily. It doesn't have to be a big chat but just letting them know that you are available and interested is helpful. They may be showing their anxiety in subtle ways, like wanting to be closer to you or perhaps talking in a more childlike voice. Keep an eye out for reassurance seeking behaviours, such as asking the same question over and over - they may be struggling to really understand what's going on and need you to gently answer the questions each time they ask. Even though it can be frustrating, they really can't help it when they are feeling overwhelmed.