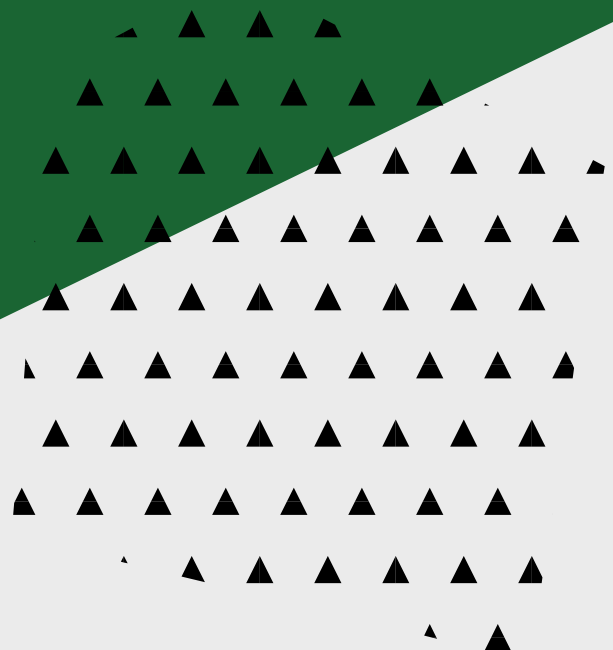




Unlocking Potential

UP's Weekly  
Well-being activity

18.05.20





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## What's Inside...

We hope you are enjoying receiving our Weekly Well-being activities and find them useful! Remember that many of these activities will have an accompanying demonstration video which you can find on the Unlocking Potential YouTube Channel so that you do not need to print this pack. You can subscribe to our channel at UP – Unlocking Potential.

### **Nature Spotting Bingo**

The UK's "lockdown" has meant that we have all had to stay in our homes much more. This means outside spaces are less busy and less noisy, and some animals that are usually shy have come out to play! We have made a nature spotting bingo sheet for you to spot some of the key London creatures.

### **How to make your own binoculars**

This fun and creative activity goes nicely with our theme of nature spotting. Follow the simple instructions and you will end up with your very own pair of binoculars! Over the next week or so ask your household to keep the cardboard toilet roll holders, but make sure to wait till the paper is finished! You can find the video showing you exactly how to make them at <https://youtu.be/RHs2Vn8XD9U>

### **Figure of 8 breathing**

To help you in those moments where your Big Feelings are bubbling up, we want to teach you a really easy breathing technique that can help you feel calmer and more in control of your emotions. You can watch the video at <https://youtu.be/Q0bXdkeINNMM>

### **Video only – Chair Yoga**

At the moment we are all spending so much of our time indoors which means we aren't moving around as much as we normally would. To help our bodies get a bit more active this week, we have a video introducing you to four easy yoga poses that can be done from a chair at home! Yoga gets you moving, improves your strength and flexibility and is a self-calming technique. This means it can help you unwind and calm down. <https://youtu.be/fWh0gGJJl5Y>

### **For parents/carers: 5 tips on how to talk to your children about big feelings**

It's not just the adults that are finding lockdown hard. You may have noticed your child is finding things challenging. Perhaps they are even taking out their frustrations on those around them. This week we are sharing 5 tips on how to support your child with the big feelings they may be experiencing. <https://youtu.be/0hmAlDibzvw>

### **Video only – Mindfulness of sound for adults**

<https://youtu.be/H9DKc0ULy-g>



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## Nature Bingo

A good thing that has come out of us all having to stay indoors more is that lots of places that used to be noisy with cars and people, are now much quieter. This means that now some shy animals are coming out to play!

### Facts & Tips:

Did you know: **Bumble Bees** wings beat for 130 or more times per second – vibrating flowers until they produce their pollen!

You are most likely to find a **fox** scavenging for food near to bins. They usually venture out early morning or evening unless they are very brave!

The eight-legged creatures, **Spiders** make those thin webs to catch their bugs to eat. Did you know it takes them about 1 hour to make their web!

Tip: **Robins** find most of their food low on the ground, like worms.

**Blackbirds** have their nests low down in shrubs and trees and like to stay near them. They eat worms.

**Squirrels** have a useful tactic of escaping their predators by running away in a zig-zag pattern! Also, did you know their teeth never stop growing!

Wherever there are lots of people, you'll generally find a **pigeon**! Did you know, pigeons can only see in red and green, and their eyes are on the sides of their head to give them a wider sense of vision.

Did you know **cats** are the only animal, other than giraffes, Icelandic pony and camels to step with both their left legs and then both right legs...take a look!

Hopefully you'll spot a **dog** on a lead being walked by their owner, or in the park having a run around. Dogs enjoy rolling around in dirt because it masks their own smell – useful when they were in the wild and hunting prey or avoiding being hunted themselves!

**Woodlice** like dark, damp places – check under big rocks or logs, or in your home near the doors/windows.

Did you spot any other animals that we haven't listed here? You could write them down or draw them here.



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## Nature Bingo

This game is easy to play. You can do it from your daily walk, from your balcony or garden, or even from the window.

- Cross off the animal each time you spot it. Once you have a row (horizontal, vertical, or diagonal) you have scored a 'Bingo'!
- You could even challenge yourself to find the whole sheet of animals.



**Bumble Bee**



**Fox**



**Spider**



**Robin**



**Blackbird**



**Squirrel**



**Pigeon**



**Cat**



**Dog**



**Butterfly**



**Woodlouse**



**Ant**





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## DIY Binoculars

This week's art activity will put to use the empty toilet rolls you might have in your home. If you don't have any then now is the time to start saving them. These homemade binoculars are ideal for helping you focus on the nature all around you. We thought they would be perfect for when you are playing this week's Nature Bingo. You can watch the online video for how to make it or follow our simple instructions below.

**What you will need:** 2 toilet rolls, something to decorate the loo roll (paint, paper, pens, stickers), glue (you can also use tape or staples), thread (ribbon, string, even a shoelace) and some paper that is long enough to go around both rolls with a gap in the middle

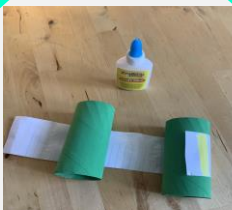
### How to make your binoculars.

1. Get your 2 rolls and go wild. Our example uses paint, but you can use whatever you have in your home. If you use something wet like paint or glue, then set them aside till they are completely dry before doing step 2



2. Cut a long thick strip of paper. You can use coloured paper, or plain, decorate it or even cut some zigzags in to the edges, whatever you think will look best.

3. We used glue for this bit, but you can also use tape or even staples if you prefer. This can be a bit tricky so you might need an adult to help you. Put some glue on one a third of the paper (make sure it's not on your pattern side) and then wrap it around one of the toilet rolls. With the rest of the paper you only glue the middle section, leaving a space about 3 fingers long each side. You then stick the second toilet roll into the middle of the glued bit and wrap it around, making sure to keep the two rolls slightly apart. This will make a bridge between the two parts of your binoculars. (If you want you can take a peek at the finished product below to see how it should look). You then need to glue the very end of the paper down over the bridge of the binoculars to make it secure.



4. Now you now need to have a bit of thread that is long enough to go over your head and hang around your neck, so maybe take a moment to measure it. Then simply stick an end of the thread to the inside of each roll. We used tape to stick ours but if you have a hole punch you can make a hole and tie it through.

5. This is the easiest step! Simply pop them over your head and start spotting. See if you can win at Nature Bingo!





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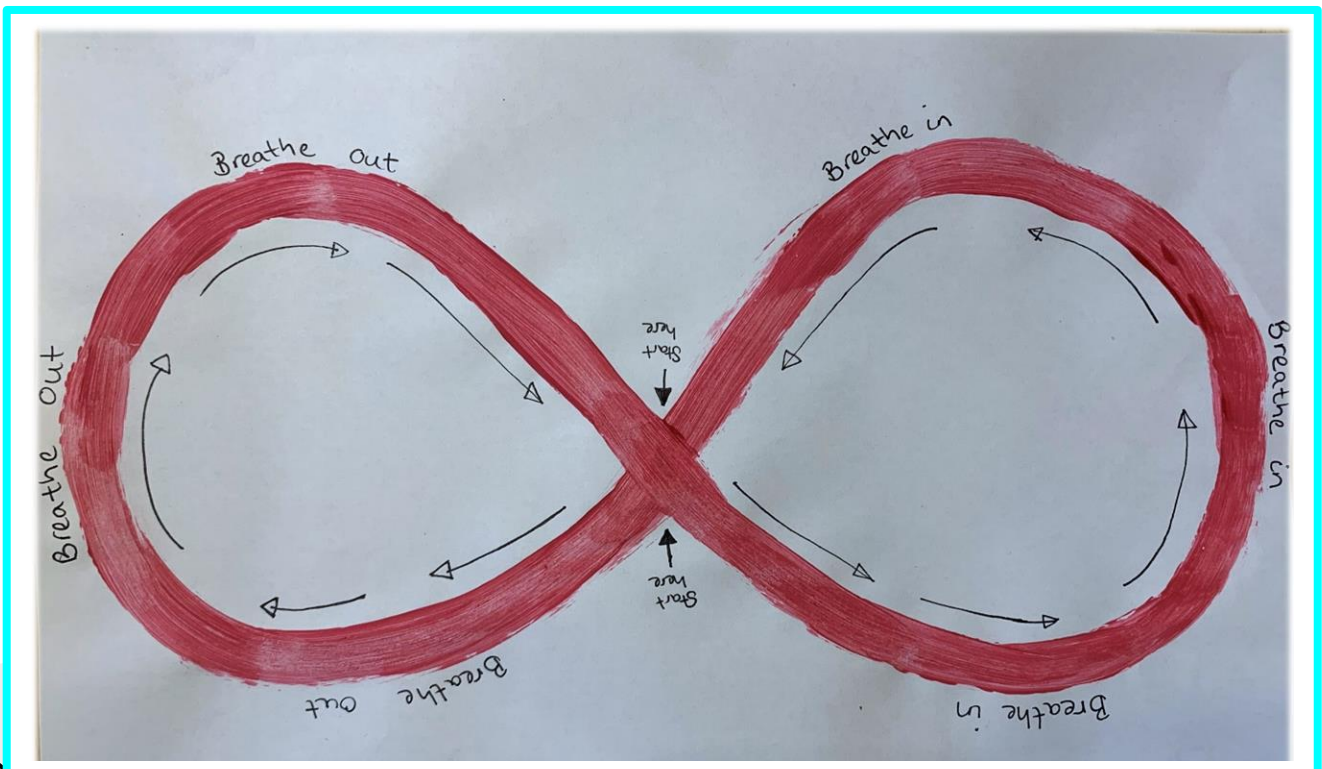
## Figure of 8 Breathing

This is a really easy way to help yourself calm down when your feelings are all bubbling up and it feels like they are getting too big. If you can master this skill, then it can help you whenever you need it.

The first time you do this it can help to draw yourself a figure of eight as something that you can see and touch. Below is an example of the one I made; I have added writing just so you can see what to do. If you feel confident to just jump right in without the template, then you can go for it!

Its super simple, and it won't be long till you are able to do it without even thinking. The first step is to take your pointer finger and place it in the middle of the 8, from here it's easy. Just trace your finger over the shape, breathing in as you go over the left half and then out when you go over the right side. Take a tiny moment at the middle point to just pause before changing your breath. Keep going over the figure of 8 shape until your breathing is slower and your head feels clearer. When it feels right you can stop and get back on with your day.

Once you get the hang of it, you can do it anywhere, in the air, in the sand or the dirt, on a table or on a cushion while you are relaxing on the sofa.





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## 5 Tips for Supporting Big Feelings

### 1) Act Calm

It can be really overwhelming when faced with your child in the middle of a meltdown. They may be refusing to listen, screaming, or even hitting. It is hard to feel calm during this, but if you can manage to act calm then this will set an example to your child about how to respond to stressful situations. It will also show them that you are there for them and you can safely support them through this tricky moment. If you don't manage it, don't beat yourself up, use it as an opportunity to talk through why you got upset, name the big feelings you were experiencing and show them how to say sorry.

### 2) Ask what they need

This one seems simple, but we can often forget in the moment to just check in and see what it is they need from you. Asking things like 'how can I help?' and 'what do you need me to do?' can help them feel like you are in it together. Maybe they need space, maybe they need a hug, each child and situation will be different so take a moment to let them tell you. During calm times try to teach them how to use 'I' sentences. This can be done by example when you say 'I am feeling frustrated by you not picking up your toys' or by helping them re-frame what they are saying, 'I feel angry when you make me tidy my room'.

### 3) Validate them

When your child is in the middle of these big feelings, let them know you can really see how they are feeling. Using sentences like 'I can see that you are angry' and 'I can hear you are feeling upset' will acknowledge their experience and this will go a long way to helping them begin to regulate themselves. Try to avoid asking them to 'calm down' as this tells them that their feelings are too big and inappropriate. Big feelings are important, they inform us of our needs and beliefs. You can let them know it's ok to feel those strong feelings but remind them that certain behaviours are not ok.

### 4) Give them space

Neuroscience has shown us that when we are overwhelmed and reacting from our core emotions, the rational part of our brain shuts down. When your child is having a meltdown, they cannot hear your reasoning until that rational part of the brain is back online. Wait until they are feeling calmer before you try to talk through what has happened. Every child will need something different; some will want to be alone, others will want a hug. Letting them have this moment and waiting until they can come back to you calm, means when they do, they will be ready to really connect and talk things through.

### 5) Prepare them

Big feelings are a significant part of what makes us who we are, they are vital in informing us about what is important to us and what we believe in. As adults we understand that we need to regulate these feelings and manage the way we express them. Children are still learning. You can help them with this by talking to them about big feelings when they are in a calm space. Helping them recognise their own feelings, showing them that adults, including you, also have these big feelings. Alongside this you can teach them calming techniques. If you have a look on our YouTube channel, you can see some of our videos on mindfulness, chair yoga and figure of 8 breathing. Having these tools to use when feeling overwhelmed will enable your child to feel more in control during those out-of-control moments.