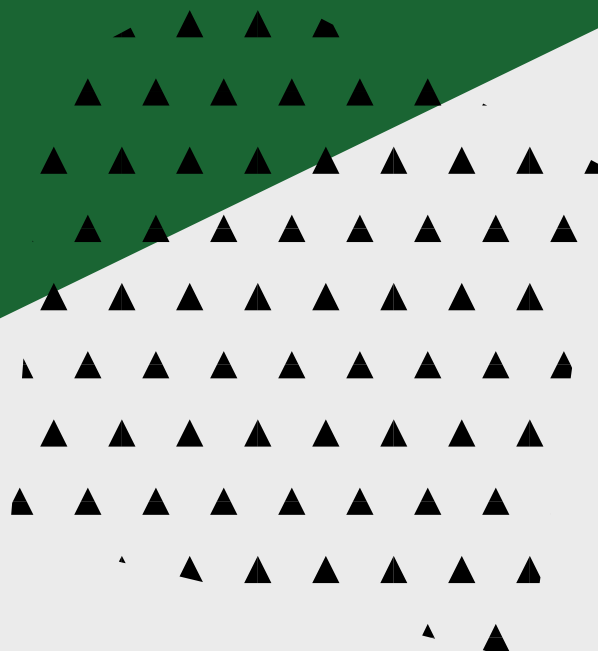




Unlocking Potential

UP's Weekly
Well-being activity

11.05.20





Unlocking Potential

What's Inside...

We hope you are enjoying receiving our Weekly Well-being Activities and find them useful. If you are enjoying the videos and want to make sure you don't miss them then you can subscribe to our YouTube channel here (INSERT)

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.

Here's what's inside this week:

How to start our day – a fun way to wake up our brains

This exercise is aimed at helping you kick start your day and get your brilliant brains ready to learn. It has an added bonus of helping you really notice where you are in the moment – which you might remember from our Mindfulness exercises, is great for our mental health. It can be done in the moment or with the worksheet we've created for you.

3 Rainbow Jars

This activity will take a little longer than the previous UP activities, and it might involve help from adults too!

Creating the three Rainbow Jars will involve your creativity, both with the decorating and with finding things in your home to use to decorate it! Each jar has different job. There's a Games Jar, a Worry Jar and a Best Bits of the Day Jar. You can find a video showing you how to make it at <https://youtu.be/q5eEiptL-6M>

Video only -The Teddy Bear and the Sabre Tooth Tiger

This week we are including a short video that shows us how to get a snugly warm 'Teddy Bear' feeling. It also teaches us about why our incredible bodies sometimes have feelings we might not like. Have a look on our YouTube channel to catch it <https://youtu.be/FRQ5IVw3VQM> (Credit: Suzanne Zeedyk).

For parents/carers:

5 tips for surviving lockdown as a family

Even the calm, connected families you see on TV shows would be starting to find they are fraying at the edges being stuck inside this long. This week we are giving you 5 tips to try and help you make it through to the end still talking to each other. You can find the video here <https://youtu.be/gXigQmDEteE>

Video only – Mindfulness for adults – Breath as an Anchor

<https://youtu.be/5V3Crd5PSog>



Unlocking Potential

How to Start Your Day

It can be really hard to get ourselves up and in the mood to start our days when we don't have our normal routines. The days of the week can feel exactly the same as the weekend when we're not going to school.

To help us wake up and get ready for our home learning it can help to set our brains a daily challenge. A great way to do this is with our '5 things' exercise. Each morning after your breakfast, before you sit down to do some great learning, look all around you and see if you can spot:

5 things you can see: Have a good look around you and see what you can spot. Maybe it's a bird out of the window, or the steam from the kettle. Perhaps you can see 5 things that are always there or perhaps five things that are new?

4 things you can touch: Give your fingers a quick wiggle to wake them up then start to hunt for things you can touch. Maybe it's something close to you like your hair, or your nose. Maybe you can take a stretch in to the next room and find a fluffy cushion, or even a fluffy pet!

3 things you can hear: Keep still, don't move, what can you hear? Maybe it's a clock tick ticking, or perhaps a car outside. It might even be the sound of your own breathing!

2 things you can smell: Close your eyes and take a BIG breath in through your nose. What can you smell? Maybe it's your shampoo or soap, maybe there's a grown up nearby drinking coffee? Perhaps the window is open and someone has just cut the grass?

1 thing you can taste: This one's a bit trickier, but by now your body is tuned in to your senses at a superhero level, you've got this! Maybe you can still taste your breakfast, or even your minty fresh toothpaste. Maybe you just put on some fruity lip balm?



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Five things!

Draw or write 5
things you can
see



Five empty circles connected by lines, intended for drawing or writing five things you can see.

Draw or write 4
things you can
touch



Four empty circles connected by lines, intended for drawing or writing four things you can touch.

Draw or write 3
things you can
hear



Three empty circles connected by lines, intended for drawing or writing three things you can hear.

Draw or write 2
things you can
smell



Two empty circles connected by lines, intended for drawing or writing two things you can smell.

Draw or write 1
thing you can
taste



One empty circle connected by a line, intended for drawing or writing one thing you can taste.



Unlocking Potential

Rainbow Jars

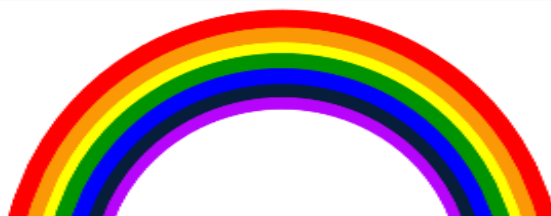
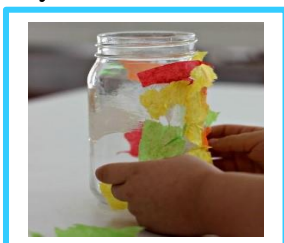
This activity is going to use lots of your creativity and might even get a bit messy, so make sure you have asked permission from an adult and asked for some help if you need it.

We are going to show you how to create 3 Rainbow jars for your days Best Bits, Worries and Games. Each jar has its own special job which we will tell you about a bit further down.

This is a good way to use any old jars you have in your home. Our instructions are for how to decorate a jar, but if you don't have jars don't worry, you can use boxes or even old empty envelopes if you like. It really doesn't matter as long as you can pop your notes inside.

How to make your jars

1. First thing you need to do is clean the jar to make sure there are no bits of jam or sauce in there. Then you need to leave the jar to soak in warm water to get the label off. Once the label is all off, leave it to completely dry before decorating.
2. Now for the really fun bit! It's time to decorate your jars. You can use anything! Stickers, glitter, paint, pens, ribbon, you can even glue on pieces of rainbow paper like we did in the video.
3. Next step is to cut out a small circle of paper for a label on top. You can use the lid to draw around to get a good match of size but if you want to make it smaller or even bigger than the lid, then you can use your creativity and see what happens! If it's a bit tricky cutting in a circle this is a great time to see if there's an adult around to help out.
4. Now it's time to label each jar.
The first jar is the **Worries Jar**, this is where you can write down anything that's stuck in your head and making you worry. You can leave it in the jar till the next day when you feel more ready to think about it, or until a grown up is free to share it with, or just leave it in there forever.
The next jar is the **Games Jar**, you can put in the names of your favourite games to play, new games you have made up and even the best bits of a game you have played. You can come back to this jar when you are feeling a bit bored and lost for things to do, pop your hand in and pull out an idea for fun! If you can't think of any games, you can always 'google' some ideas on line eg 'pen and paper games for 8-year olds to play'.
The last one is the **Best Bits** jar. In here you can write down something from your day that made you feel good. It could be a joke, a chat with your friend or even a programme you watched. This jar is extra special as it will be filled with happy memories that you can think of when you are feeling glum, missing friends or just wanting to remember how much fun you have had.
5. Now all that's left is to find some paper and a pen and get writing. It can be any paper you have around – even on the back of an old receipt (make sure to check it's not needed). You can do this at the same time every day, or just whenever something pops into your head.





Unlocking Potential

For Parents/Carers: 5 tips for surviving lockdown as a family

1) Communicate

Often the root of an argument can be found in people feeling unheard or misunderstood. In times of additional stress, it can become even harder to communicate effectively. With this in mind, taking the time each day to talk things through can go a long way to help keep things calm. Making your expectations clear means there's no space for assumptions and hopefully in turn, people feel less frustrated. This goes both ways - that great feeling we get when someone really listens is important to share; take turns being heard and being a good listener. When listening, a great way to really show you are engaged in what is being said is to 'actively listen.' Active listening is paying full attention to another person and acknowledging and affirming what they are saying.

2) Let it Go

Being stuck inside with the same people can be really hard and the little things can start to grate on us, which can in turn result in lots of bickering and arguments. It's not always easy, but if you can, try to pick your battles. Find the things you can live with and, just for now, let it go. Maybe the toys aren't picked up at the end of the day for *now*, maybe they *can* have pasta for breakfast. This also applies to yourself - don't beat yourself up if you had fishfingers 3 nights in a row or are struggling to help them with their online learning.

3) Routine

If the days of lockdown have started merging into each other without the normal routines of school, it can make it harder to get the things you need to do done. You may be feeling more tired and less motivated. Adding some routine back in to your day will help boost your mood and re-focus you. Routine creates an understanding of everyone's expectations which will help cut down those disputes about starting work! Thankfully routine isn't just about work and chores. Add in a set family time every day, perhaps you always eat breakfast together. Maybe every Friday night is fun time, you can even give the kids some control, let them pick the activities! (Make sure to limit the options to what you can actually, realistically do)

4) Expect Conflict

There are going to be days during lockdown when everyone is feeling overwhelmed at the same time. Isolation is mentally hard work and our brains can feel maxed out just getting through the day. When we are pushed to our emotional limits it can be impossible to not snap back, to not take things personally and to not end up in a full-scale argument over who finished the milk. We are only human, it's going to happen. Sometimes a good argument can clear the air, help reset everyone and provide a good space to practice tip 1. This is also a good opportunity to model conflict resolution to your children. Showing them that even though we disagree and sometimes even row, we can find a resolution and come out of it better able to hear each other.

5) Have Fun

It's not easy to just stop what you are doing and have fun, especially in times of high stress and worry. Sometimes it takes making a conscious effort, perhaps even adding it to your routine. It doesn't have to be something huge, you could have a kitchen dance party or spend 5 minutes playing I Spy. We all need a bit of joy and childish laughter to lighten our hearts at the moment. These are the things our children will remember in years to come.