Positivity Pack for Primary School

Advice & tips to help you feel more positive about your journey through primary school

Brought to you by

HEALTHBOX

and

SARAH'S YOGA WARRIORS

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Welcome to your positivity pack!

Introduction

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Thinking Well, Feeling Well

The last few months haven't been easy for everyone. Lockdown meant that we were unable to see our friends and family, we couldn't go out and have fun like we normally would and we had to deal with the fact that we're living through a global pandemic!

There have been some major and unexpected changes to schools and many of us find change very difficult to cope with. So, we've put together this positivity pack to help you find ways to manage those difficult emotions and look after yourself, both physically and mentally. Think of this as your own 'mental toolkit' for helping you through primary school.

Make

Glitter Jars

Our mindfulness glitter jars will help you to understand that no matter how you are feeling, your emotions will settle in good time. And everything will become much clearer.

You'll need:

A clean & washed jar with a lid Some water to fill up the jar Washing up liquid 3 different colours of glitter A stirrer (large lollypop stick for example)

To make:

1. Take your jar, open the lid and pour the water in all the way up to the neck of the jar (this is going to represent your mind).
2. Take your 3 glitter colours and lay them out in front of you. These will represent your thoughts, your feelings and your behaviours.

3. Choose a colour for your thoughts and start to pour some of the glitter into the jar, thinking about letting those thoughts go.

4. Next, choose a different colour for your feelings. Think about you how it feels when you get angry or frustrated? Do you shout? Do you feel hot? Now sprinkle some of the glitter into the jar for this feeling. Repeat as many times as you like, as you think about how you feel at different times of the day.

5. For your final colour, think about the behaviours that come with these thoughts and feelings. Maybe shouting or crying? Sprinkle these behaviours into the jar too.

6. Now you're ready to add your washing up liquid, this is where the magic happens!

7. Give your mixture a stir and then screw on the lid, nice and tight.

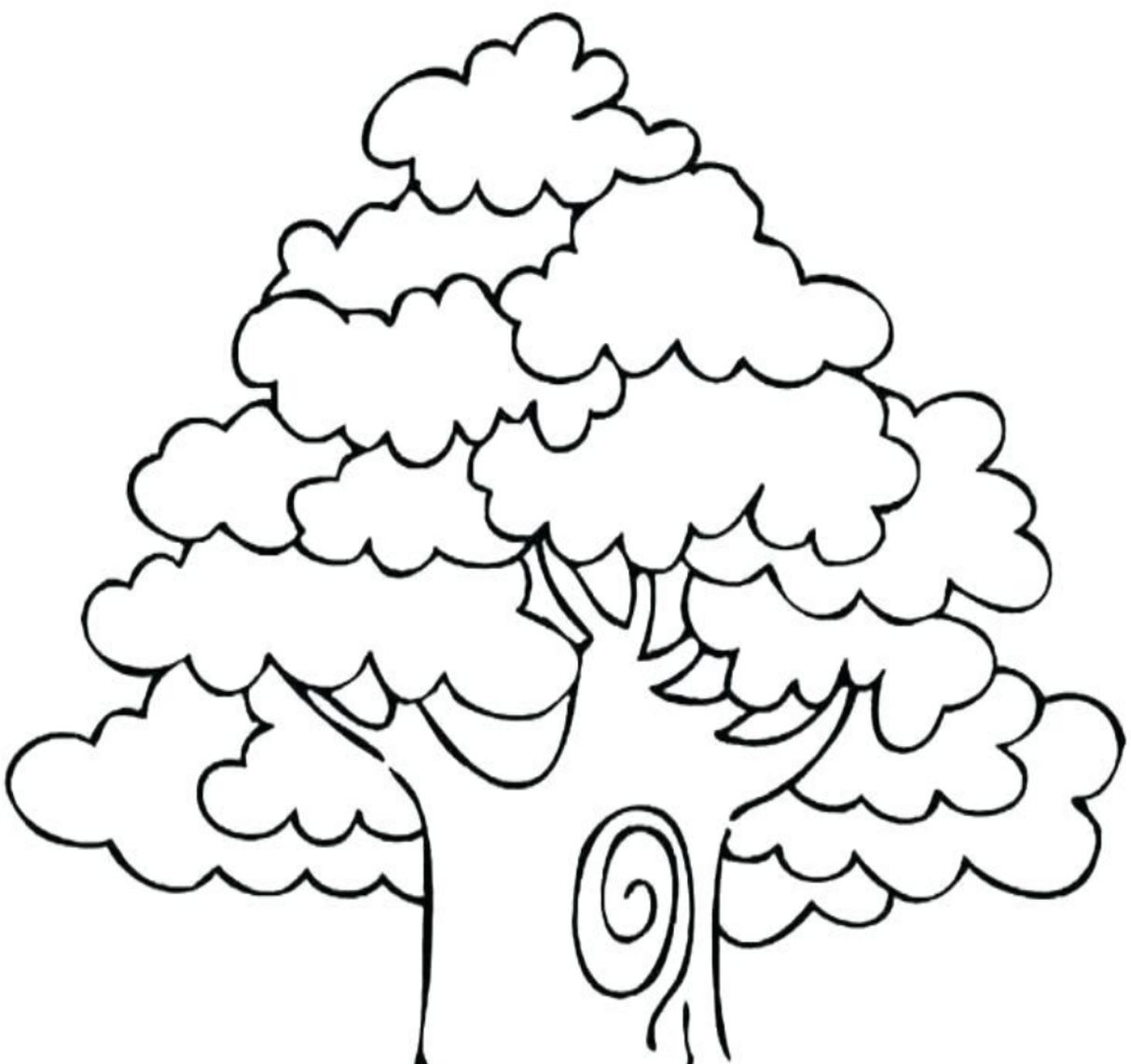
8. It's time to shake up the jar and watch as you notice all the glitter swirling around. Imagine these are all your thoughts, feelings and behaviours. When our minds are overthinking it can feel like lots is swirling around in our head, however you'll notice that the glitter starts to slow down and gradually sinks to the bottom. This represents everything settling down and your mind become clear again.

Use this to help you whenever you're feeling overwhelmed!

Make

Positivi-tree

Take a few moments to think about all the things you find positive about yourself.



When you have some ideas write them down in the leaves.
This is your tree of positivity. A reminder of how great you are and what qualities you have.

Advice from a tree

Connect with your roots

Stay grounded

Keep growing

Enjoy your natural unique beauty

Drink plenty of water

Stand tall

Make

Jar of Happiness

This is the Jar of Happiness

Take a moment to think about everything that makes you happy. Turn to the next page to write your list before putting them in your jar.

The purpose of this Jar is this; If ever you need a boost when you are feeling low, turn to this page and pick out something from your jar that helps you smile and feel happy again.

Make

Worry Dolls

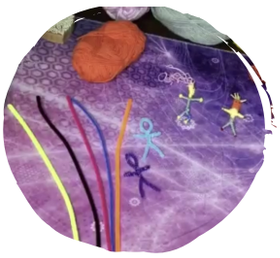
What you'll need:

Pipe cleaners
Some wool (a few different colours)
Scissors
Marker pen

According to the Guatemalan tradition, you can tell your worries to these these hand-made dolls and then place them under your pillow at night and all your worries will be taken away.

Method:

1. Grab a pipe cleaner (doesn't matter about the colour of this as you will be wrapping the wool around it).



2. Fold the pipe cleaner in half so that the ends meet and are the same length - run your finger and thumb up from the ends of the cleaner to form a circle at the top. Pinch and twist the cleaner to secure the head shape of the worry doll.

3. Next, to make the arms you take one of the excess pieces of the pipe cleaner and bend it over itself so that you have some either side of the head. One side will be longer than the other. Twist the shorter 'arm' into place.

4. Now, bend the longer side down and bring the other excess piece of pipe cleaner up. You're going to bend this piece now to form the other arm and it will stretch across the body so that you now have two arms and two legs. Secure into place by twisting.

5. To make the hair, cut some pieces of wool into about 5cm strips (can be the same colour or different). Then thread the wool through the head and tie them around the top of the head. Repeat until you have a nice set of hair.

6. Next, you'll need a long strip of wool, a different colour to the hair as this is going to form the skin of your doll. Place one end of the wool at the bottom of the head and secure this with your thumb. Then start to wrap the wool piece very lightly around the head, all the way around to the top. Once you've got to the top, wrap it all the way back down again. Take it down to the neck and then hold in place with your thumb.

7. Take another strand of wool, again a different colour, (this will be a top for your worry doll) and then place the end of this onto the excess from the head, where your thumb has been holding it. Now start to wrap around the arms and body, You can leave a bit of the pipe cleaner out if you like, at the ends of the arms to look like hands. Or you can cover them up, it's up to you. Once you've finished wrapping, hold onto the excess wool with your thumb.

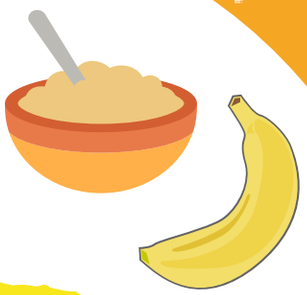
8. Grab your next colour (for the pants of your worry doll) and place onto the body, trapping in the excess from under your thumb. Start to wrap around the legs and again if you'd like to leave some pipe cleaner at the bottom to look like feet, you can do. The more wool you have, the thicker you can make the clothing you are wrapping around your doll.

9. When you've finished wrapping the trousers of your doll, keep hold of the excess wool with your thumb, use the scissors (ask a parent to help) to cut it short and then either glue it down or use the excess wool as a belt and tie it around the body three times to secure all loose ends together and then again use the scissors to cut any spare wool off.

10. To finish, get your marker pen and draw your eyes on and if you like, you can draw a mouth/smiley face.

Make

Banana Bites



Ingredients (makes six bite-sized portions)

1/2 ripe banana
3 tablespoons of rolled oats
1 tablespoon of raisins
1 tablespoon of dried apricots (finely chopped)

How to make:

- Mash the banana and mix with the oats and fruit
- Form the mixture into small bite-sized pieces - adding more oats if needed
- Place bites on a lightly greased baking tray and cook for 10-15 mins at 180 / gas mark 4, until firm.

Move

Rainbow Breath

Matching your movement to your breath will help to either give you more energy or steady your mind and body. This exercise requires a little space around you and a little imagination inside you.

1

Stand tall and still. Let your shoulders relax and your arms hang by your sides

2

Breath in as you raise your arms wide. Then reach high and let your palms turn to face each other.

3

Let your hands float down as you breath out. Keep your arms straight and imagine you are drawing a rainbow above you.

Top tip

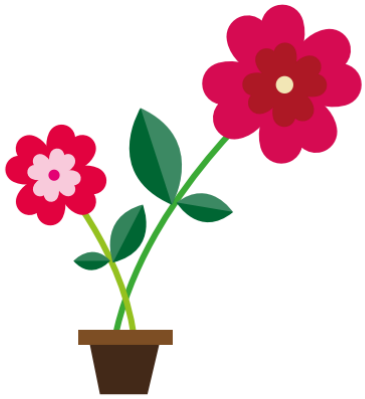
You can draw an even bigger rainbow by starting with your hands by your knees. Fold forwards and drop your arms down to your knees, then bring your arms wide and draw a giant rainbow!

Move

Adventure Safari

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.

Notice the bugs or birds. Take a moment to kneel down and feel the ground beneath you.



Walk mindfully, paying attention to everything. What can you see? What can you hear? What can you touch?

If you wanted you could keep a journal of your adventures and write down what you found exciting outside.

Move

Animal yoga

1.Pretend to be a giraffe. Stand tall in Mountain Pose, look up, take your arms straight up to the sky and touch your palms together. Pretend your arms are the long neck of a giraffe.

2. Pretend to be an elephant. Stand tall with legs hip-width apart, feet facing forward and straighten your arms along-side your body. Step your feet out wide, clasp your hands together and take your hands above your head. Then on a loud exhale, say 'ha' and swing your arms down below your legs, pretending your arms are the trunk of an elephant. Then inhale, while raising your hands back above your head. Repeat the strong exhale a few times.

3. Pretend to be a butterfly. Sit on your buttocks with a tall spine, bend your legs, place the soles of your feet together and gently flap your legs like the wings of a butterfly.

Feel

Just one breath

Find a relaxing spot, sit comfortably and set a timer for one minute

Breath deeply in and out while paying attention to any sensations you notice or sounds you hear

Take another slow deep breath, imagine the air moving down into the lungs and back up

Take one more deep breath and hold for a moment, then release it.

Feel

5,4,3,2,1 breathing technique

5
things you can see around you

4
things you can touch/feel around you

3
things you can hear around you

2
things you can smell around you

1
thing you can taste

These five simple steps will help take you out of your head and help you ground yourself in the NOW, instead of worrying about the past or future.

Feel

A mindful SNACK

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness ; a mindful SNACK. Here's how to do it...

S	N	A	C	K
Stop	Notice	Accept	Curious	Kindness

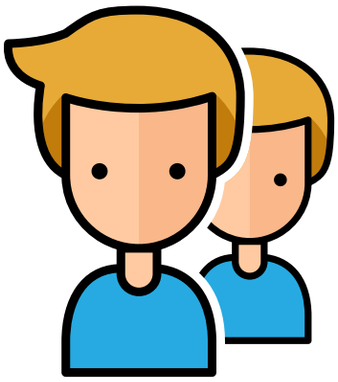
Stop whatever you are doing you're doing. (Stopping, by definition , requires us to begin again. We can always begin again.)

What is happening within and around you

This is a tricky one. Whatever it is that you're struggling with , (time, tiredness, frustration), try to accept it for what it is without being hard on yourself.

Ask yourself questions about your experience: what am i feeling? What do I need right now?

Respond to yourself and others with kindness and watch out for how that helps you feel better about things



Thank you for reading, we hope you enjoy your journey through primary school!

Westminster Foundation

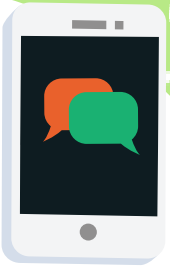
Healthbox CIC offer a counselling and emotional support programme for children and young people up to the age of 25 in rural West Cheshire funded by the Westminster Foundation

To access our support, speak to a teacher, your GP or contact us direct at info@healthboxcic.com

For anymore information & help with other wellbeing services, please visit our website: www.healthboxcic.com or email info@healthboxcic.com

Sarah is a yoga & mindfulness teacher for children & teenagers. For more information visit her website: www.sarahsyogawarriors.com or email: sarahsyogawarriors@gmail.com

In need of further support?



If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer, or a trusted adult such as your form tutor. Your form tutor may be able to connect you to a counsellor working in your school.

If you aren't able to talk to a trusted adult, you may find the below organisations can help:

HEALTHBOX

Healthbox

Email:
info@healthboxcic.com

childline

Childline

Call: 0800 1111
Chat online or send an email

POLICE.UK

Emergency services

Call: 999

SAMARITANS

Samaritans

Call: 116 123
Email or write to them

shout
for support in a crisis

Shout

If you're in a crisis, get 24/7 help from a crisis volunteer.
Text 85258

Don't suffer in silence, there will always be someone willing to listen & help you, whatever the issue is.

HEALTHBOX

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