

ELSA SUPPORT 14 day Home Challenge

Click the BLUE writing to take you to a resource which you can download and print.



Happy tab Booklet

Look at the five things you can do each day to help you feel happier. Developing relationships with others can be done by telephone or video chat. It could also be done by writing a letter or by making a card for someone.

Jar of Courage

Make a jar of courage with help from an adult. Put the labels on your jar and fill it up with the positive quotes. Take one out each day and read it. Believe it!

Hug in a Mug

Give yourself a hug in a mug. Decorate the mug and add all the things that make you feel happy in the pieces of marshmallow

Star Breathing

Learn how to do star breathing so that you feel nice and calm when you feel either anxious, angry or upset. I bet you could draw your own star too. See if you can copy the poster and draw your own.

Self-esteem Bookmark

Colour your own self esteem bookmark and read it every day to remind yourself how amazing you are. You can use it when you read your book. You can do lots of reading at this time

Mindful Flip Flop

Some lovely mindful colouring today. I wonder if you can manage to colour all the sections and think about the words. Can you find time to really relax today? Enjoy opening and closing your flip flop!

Happiness Challenge

There are five days worth of activities here but I bet you could do them all in a day if you set your mind to it. Lots of lovely happiness fun!

Mandala Wishes

Today you need to draw your picture in the centre of the mandala and then think about your wishes. Write them in the petals and then do lots of lovely mindful colouring.

Mindful Rainbow Walk

You might only be able to go into your garden if you have one but you could do this around your house and by looking through the windows. What do you notice?

Doodle a Day

Doodling is relaxing. Try filling this all in today. What creative doodles can you do?



ELSA *outspart*

20 Faces

Can you fill in all the faces with different expressions? Think about all the emotion words you know and try and put a face to each one..



Mindful Challenge

There are five days of activities here but I bet you can do them all in a day if you set your mind to it. Have a lovely mindful time!

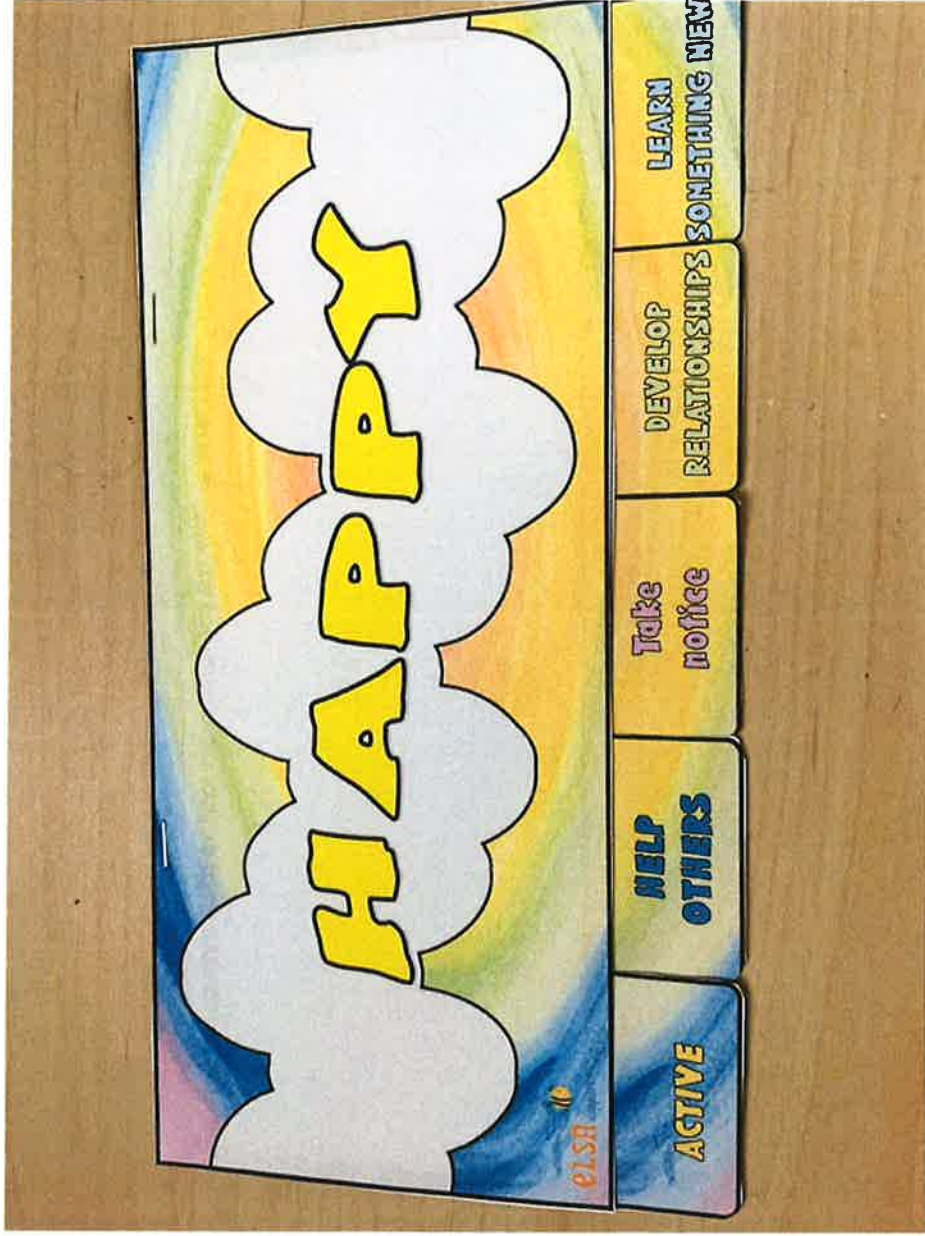
My Perfect Day

What would your perfect day look like? Fill in this comic strip with all the things that would make it just perfect.

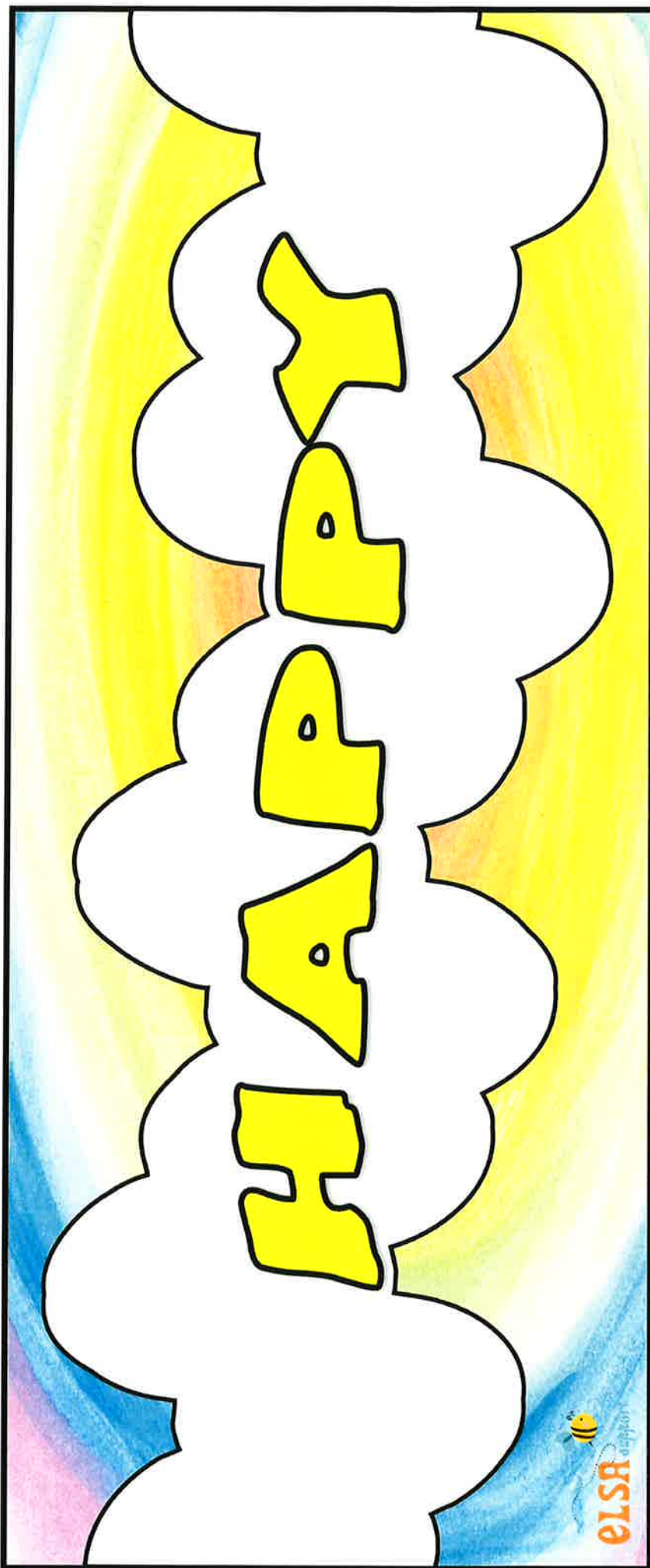
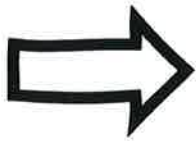
A-Z of Self-care

What can you do to look after yourself today? Read through the poster and then make your own A-Z of self-care.

Happy Tab Booklet



Print as A4. Cut out each shape and put together in a booklet. Staple at the top.



How can you be more **active**? What exercise can you do? Write or draw here

ACTIVE

How can you **help others**? Think about what you could do. Write or draw here

**HELP
OTHERS**

How can you **take notice**? Taking notice is about being mindful. Write or draw things you could do...

**Take
notice**

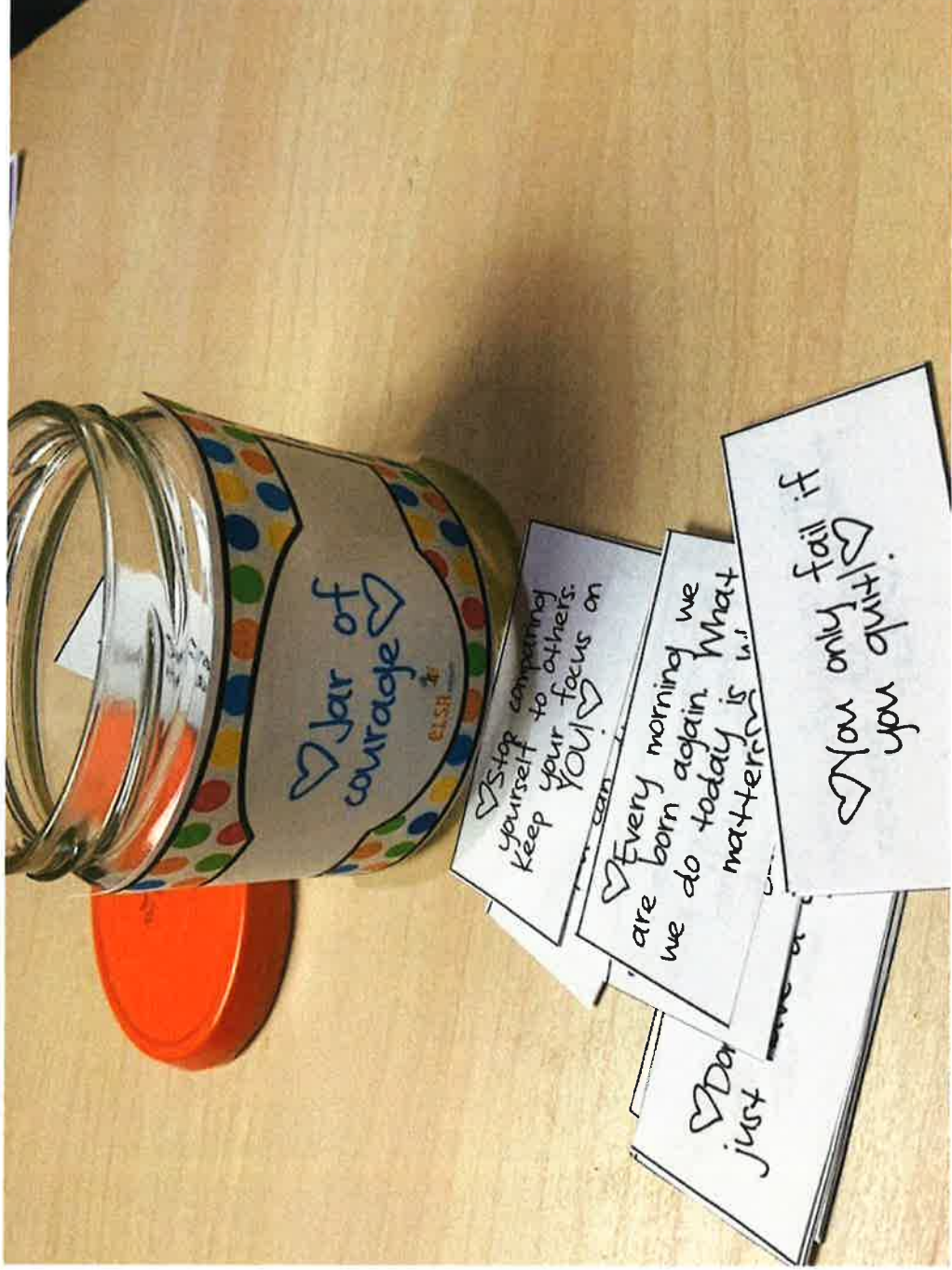
How can you **develop relationships**? This means spending time with other people. Write or draw here

**DEVELOP
RELATIONSHIPS**

How can you **learn something new**? What do you want to learn to do? Write or draw here

**LEARN
SOMETHING NEW**

Jar of Courage



<p>♡ You will never regret being brave ♡</p>	<p>♡ Be brave, take risks and allow the unexpected ♡</p>	<p>♡ You can't always be strong but you can always be brave ♡</p>	<p>♡ Be brave ♡</p>
<p>♡ If it scares you it might be a good thing to try ♡</p>	<p>♡ Be brave enough to dream ♡</p>	<p>♡ Be brave and live your dream ♡</p>	<p>♡ Be bold, be kind, be brave ♡</p>
<p>♡ Anything is possible if you have got the nerve ♡ -JK Rowling-</p>	<p>♡ Be brave with your life ♡</p>	<p>♡ Your only limit is your mind ♡</p>	<p>♡ When you are scared but you still do it anyway. That's brave ♡ -Neil Gaiman-</p>
<p>♡ You've got this! ♡</p>	<p>♡ Never give up! ♡</p>	<p>♡ Keep on going! ♡</p>	<p>♡ Stand up for what is right ♡</p>
<p>♡ Face your fears ♡</p>	<p>♡ Persevere even though it is tough ♡</p>	<p>♡ Try something new today! ♡</p>	<p>♡ Courage is resistance to fear ♡</p>
<p>♡ Fear is a reaction, courage is a decision ♡ -Sir Winston Churchill-</p>	<p>♡ You get in life, what you have the courage to ask for ♡ -Oprah Winfrey-</p>	<p>♡ The secret of freedom is courage ♡</p>	<p>♡ What good are wings without the courage to fly ♡ -Atticus-</p>

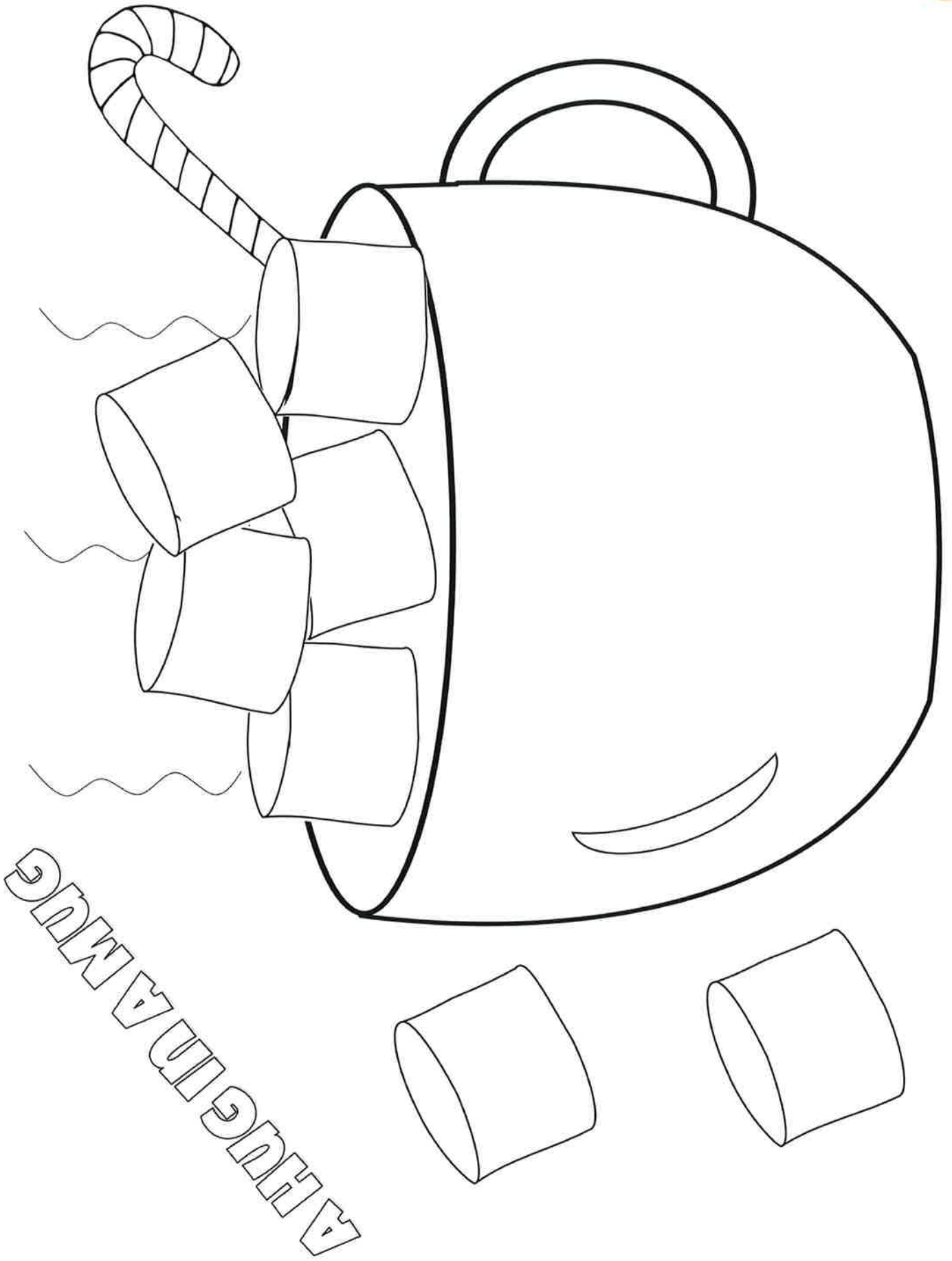
<p>♡ Believe in yourself ♡</p>	<p>♡ A tiny step of courage is always a good place to start ♡</p>	<p>♡ You are braver than you believe, stronger than you seem, and smarter than you think ♡ -AA Milne-</p>	<p>♡ It is better to be a lion for a day than a sheep all your life ♡ -Elizabeth Kenny-</p>
<p>♡ Don't be scared, just have a go! ♡</p>	<p>♡ Courage is found in unlikely places ♡ -JRR Tolkien-</p>	<p>♡ Which strength will you use today? ♡</p>	<p>♡ What will you do today? ♡</p>
<p>♡ Every morning we are born again. What we do today is what matters ♡</p>	<p>♡ The most beautiful thing you can wear is confidence! ♡ -Blake Lively-</p>	<p>♡ Self confidence is a superpower! ♡</p>	<p>♡ If you, don't ask you don't get ♡</p>
<p>♡ Stop comparing yourself to others. Keep your focus on YOU! ♡</p>	<p>♡ You only fail if you quit! ♡</p>	<p>♡ Confidence is your reward for overcoming fears ♡</p>	<p>♡ Your self-confidence will make you invincible ♡</p>
<p>♡ Believe you can and you are half way there ♡ -Theodore Roosevelt-</p>	<p>♡ You can do it ♡</p>	<p>♡ Confidence breeds strength ♡</p>	<p>♡ Be the best YOU you can be! ♡</p>
<p>♡ Be brave and share your feelings ♡ eLSR</p>	<p>♡ You only fail if you quit trying! ♡</p>	<p>♡ It's hard to be brave but you can do it! ♡</p>	<p>♡ Being scared could mean that you are about to do something brave ♡</p>

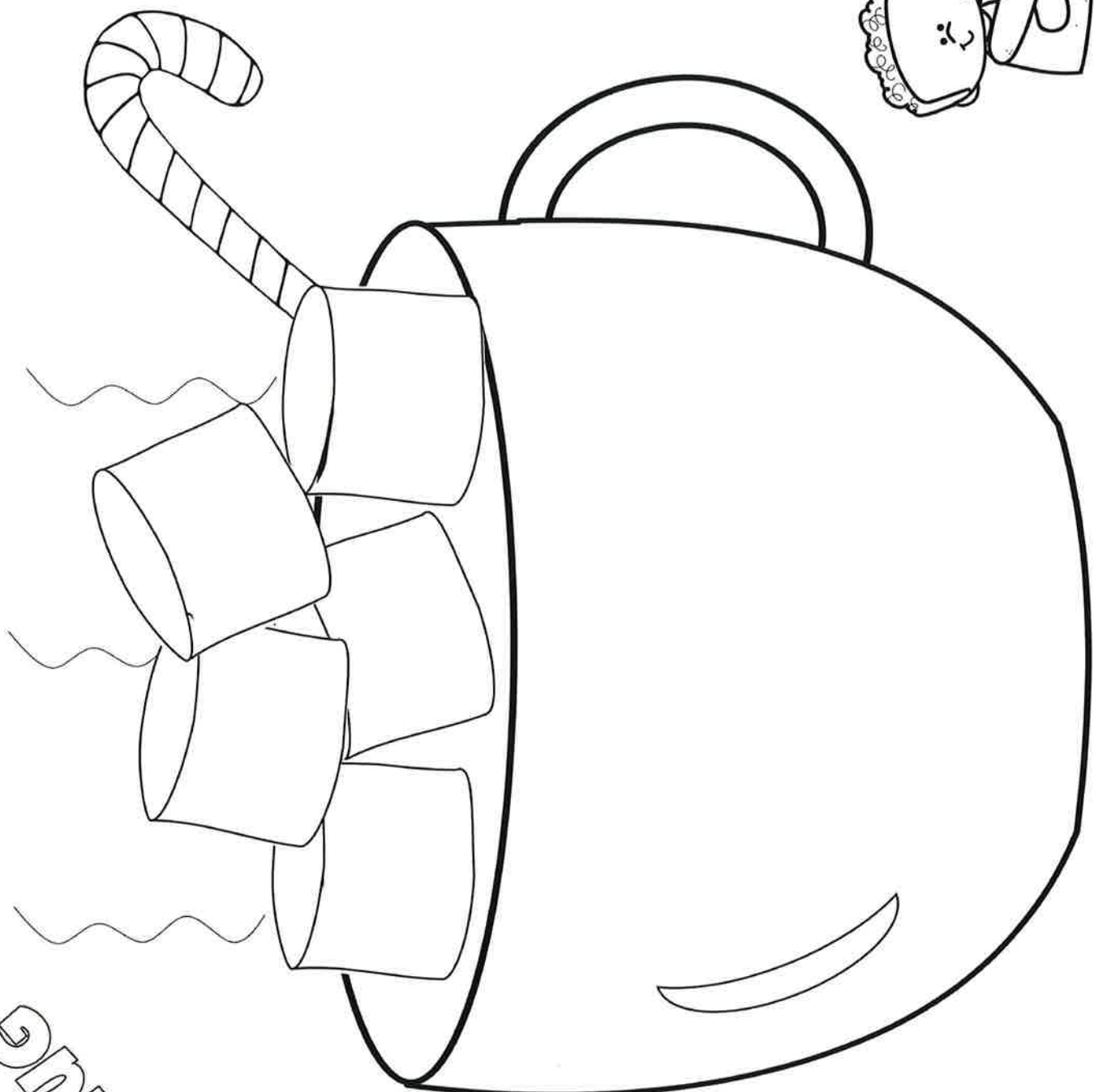


A mug in a mug

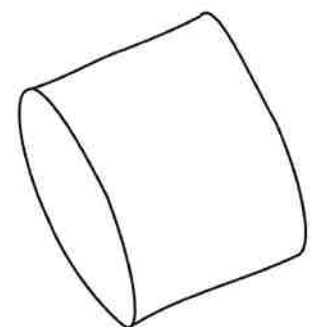
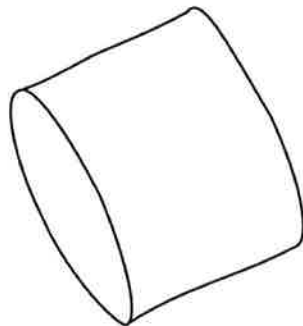
What makes you feel all warm inside like a hot cup of drinking chocolate?
Decorate your mug with things that make you feel happy.
You can draw things on the marshmallows too!

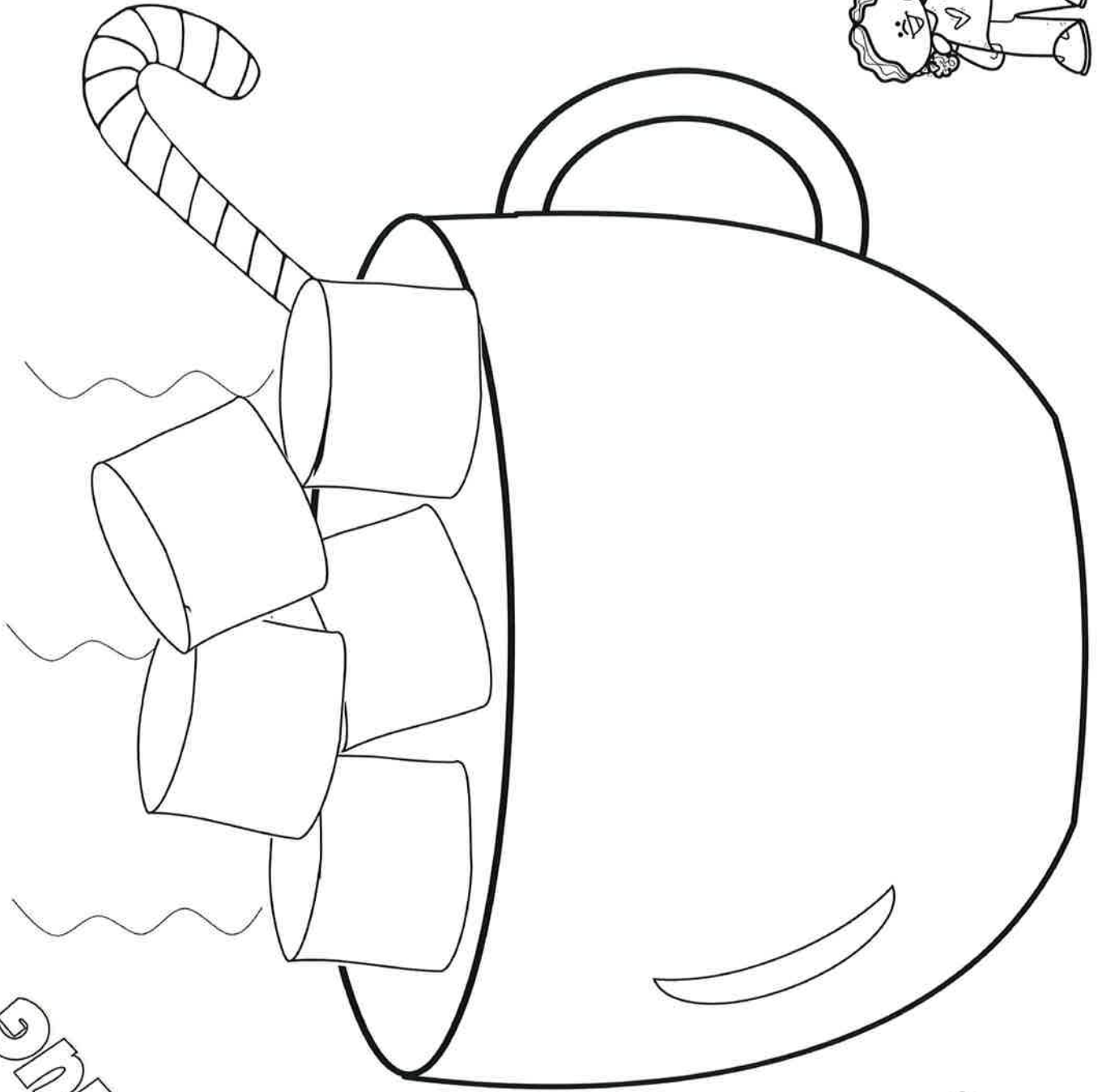
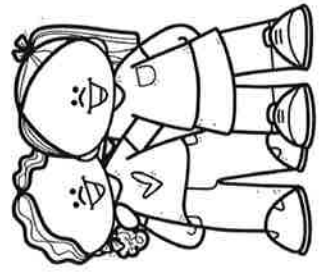




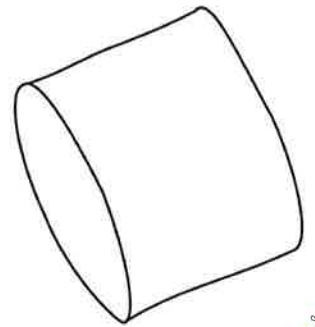
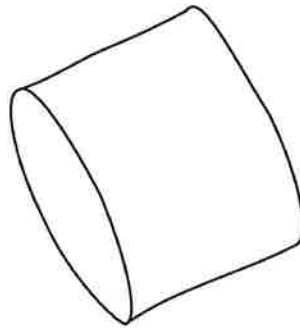


AHUGIMAMUG





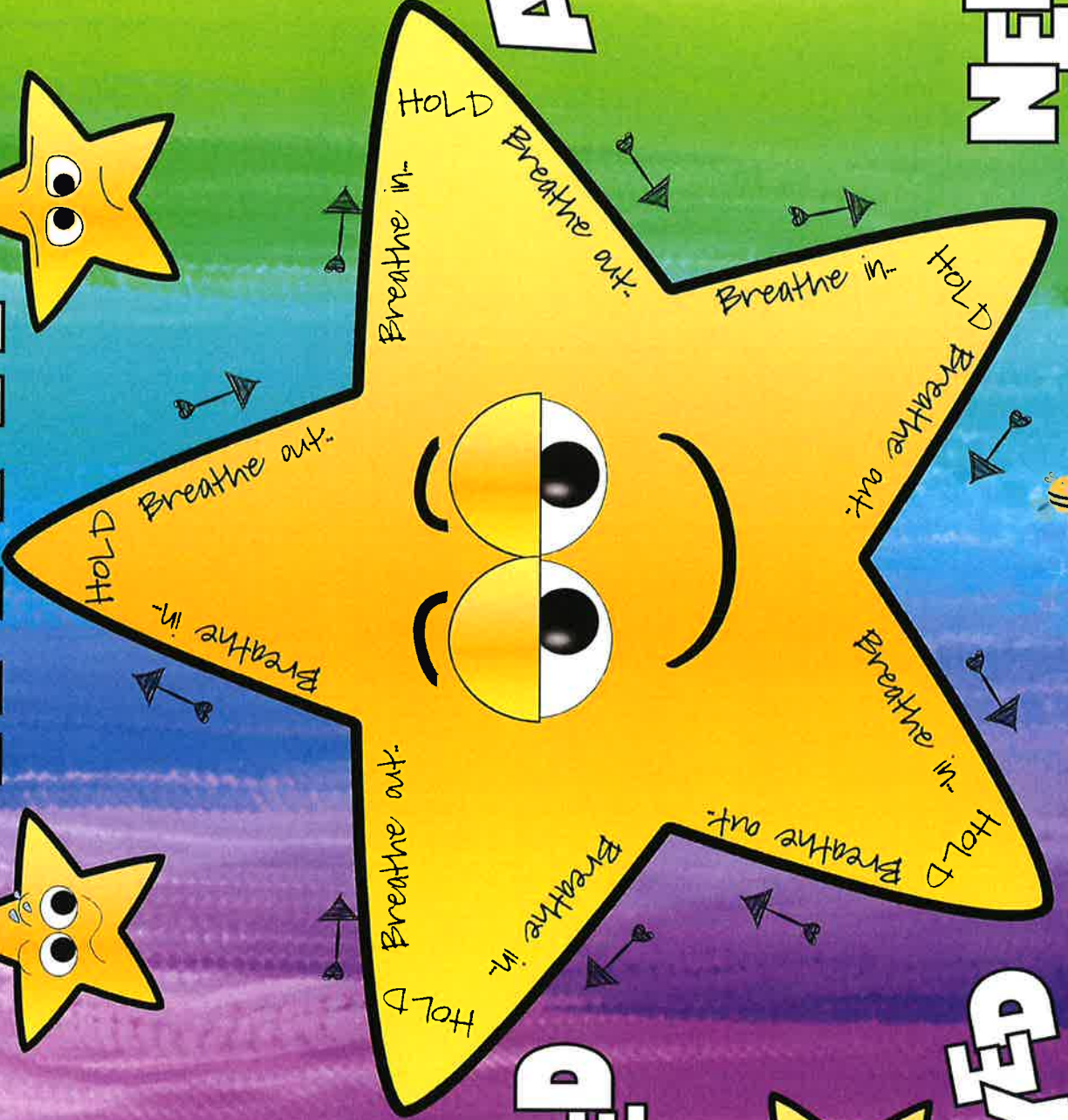
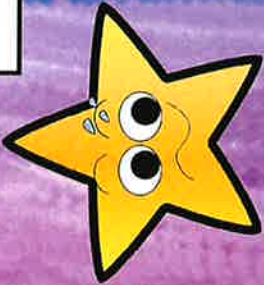
AHUGIMAMUG



BREATHE

UPSET

SCARED



ANGRY

NERVOUS



WORRIED



AMMOYED



ELSA

You are...

SPECIAL

Unique

Amazing

Fabulous

Important

Don't ever forget
it!



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FABULOUS

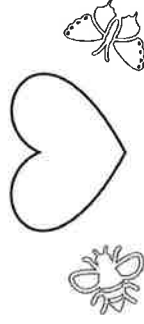


IMPORTANT

Don't ever forget
it!



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IMPORTANT

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UNIQUE



AMAZING



FABULOUS

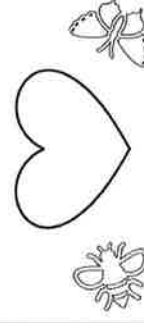


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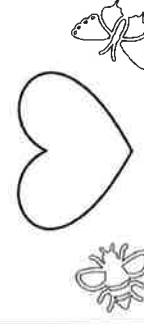


IMPORTANT

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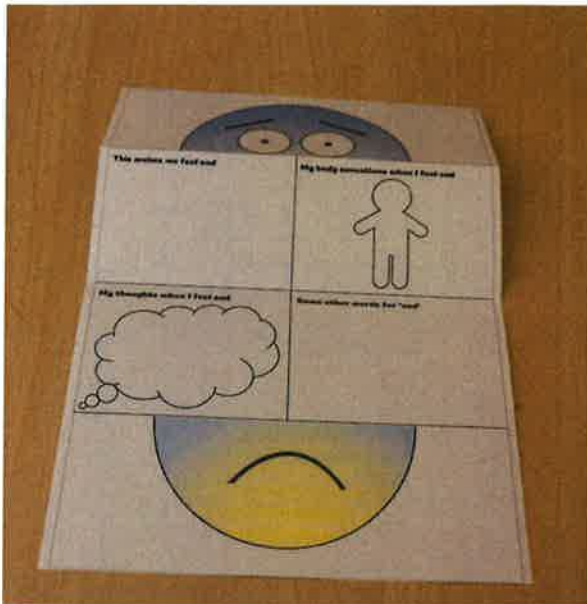


IMPORTANT

Don't ever forget
it!



****Please note that this image is NOT included in this resource. It is a way of showing you how to fold and use this resource**

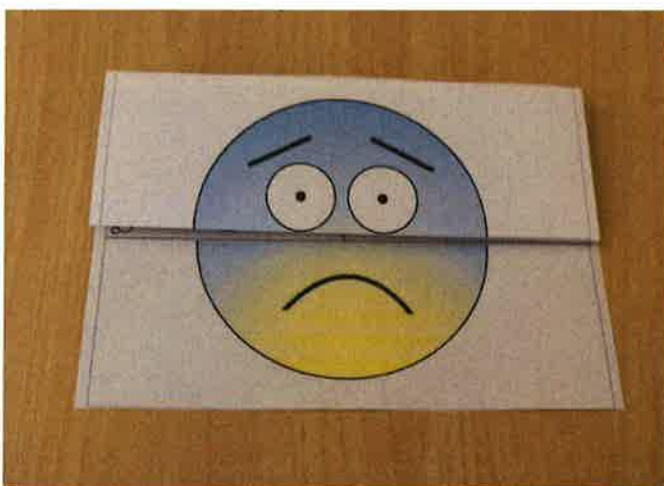


Trim the margins from the top and the bottom of the page. This is so your folding will be equal and correspond with the lines drawn. The face will then match up correctly.

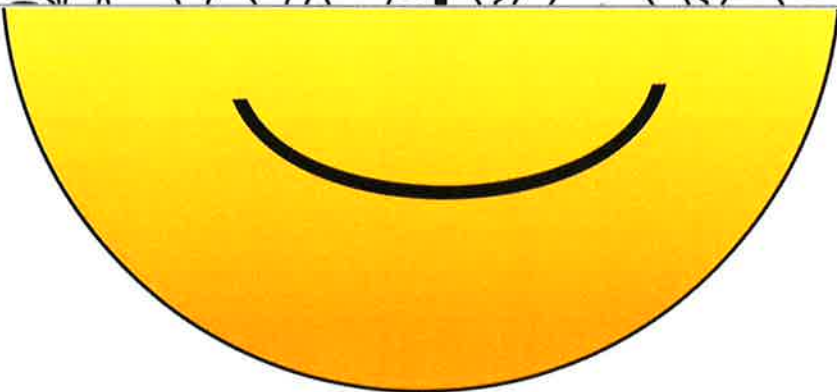
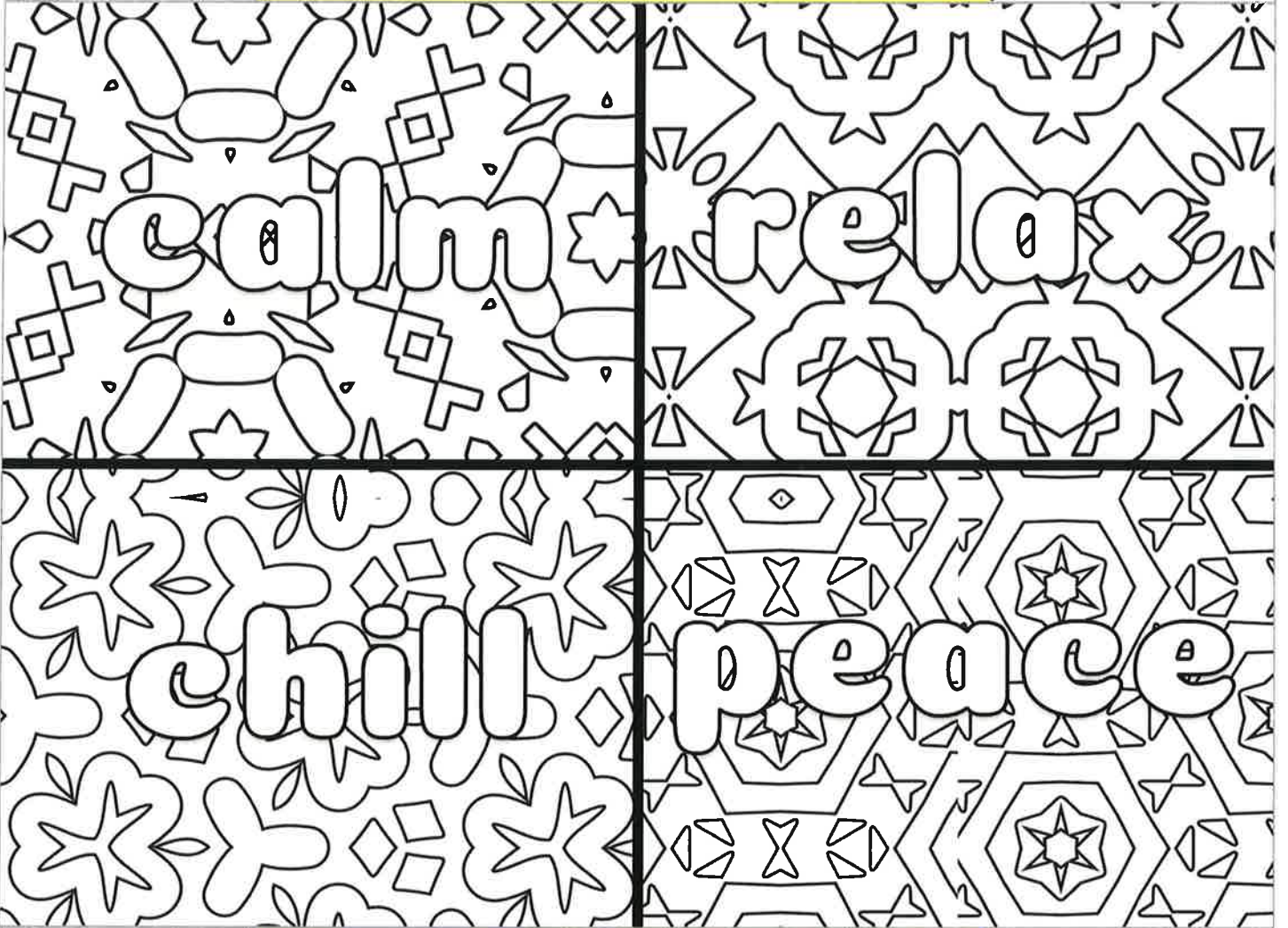
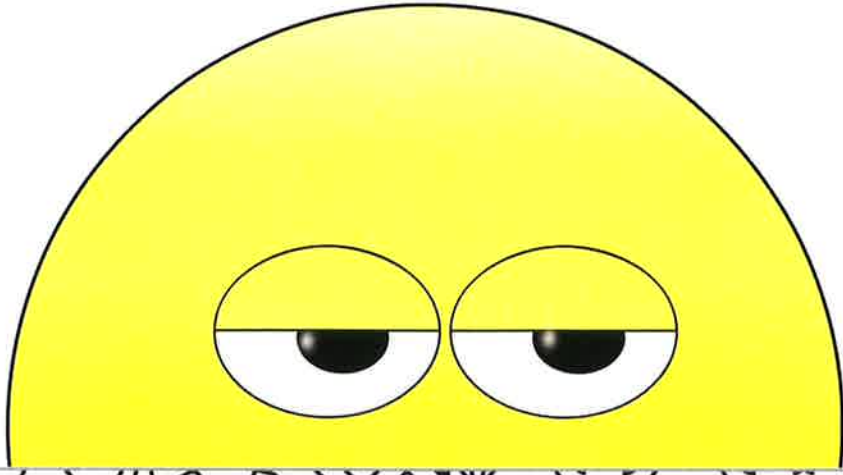


Take the top of the piece of paper and just fold downwards in half. The image will be on the inside.

Fold the bottom quarter upwards



You have your foldable ready to use.



5 DAY ELSA SUPPORT Happiness challenge



Drawing or writing task –
Being active – think about all the things that you can do to be active

Talking or doing task –
Do some exercise with a friend – go for run, walk, dance, play a sport

Day 1

Drawing or writing task –
Being helpful – think about all the ways you can be helpful to others

Talking or doing task –
Help someone to do something today and think about how it makes you feel

Day 2

Drawing or writing task –
Connecting with friends and family – who can you connect with on a regular basis?

Talking or doing task –
Meet up with a friend, or visit family today!

Day 3

Drawing or writing task –
Learning new things – think about how you can learn something new every day

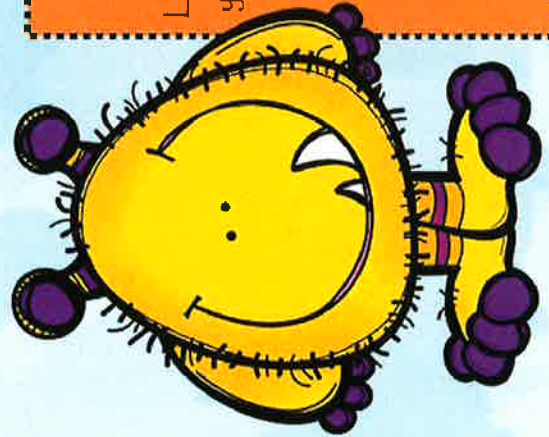
Talking or doing task –
Learn something new Today

Day 4

Drawing or writing task –
Be mindful – colour in a mandala

Talking or doing task –
Try doing some other things that make you feel relaxed

Day 5



Day 1



This is me doing
some exercise

A large, empty rectangular box with a black border, intended for a drawing or illustration related to the girl's exercise routine.

5 ways I can be
active

1.

2.

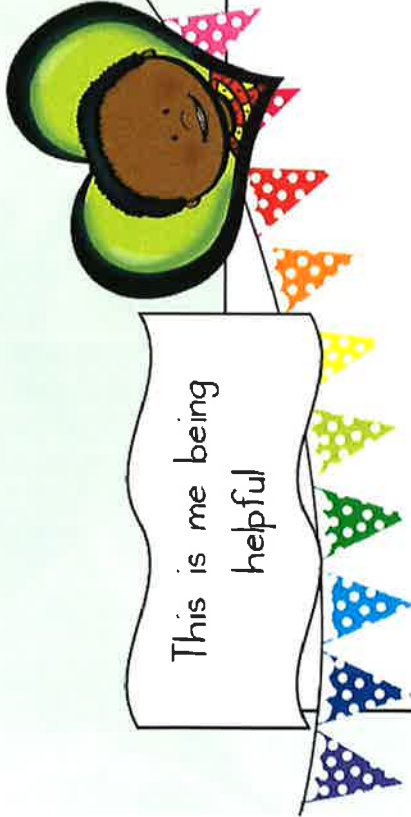
3.

4.

5.

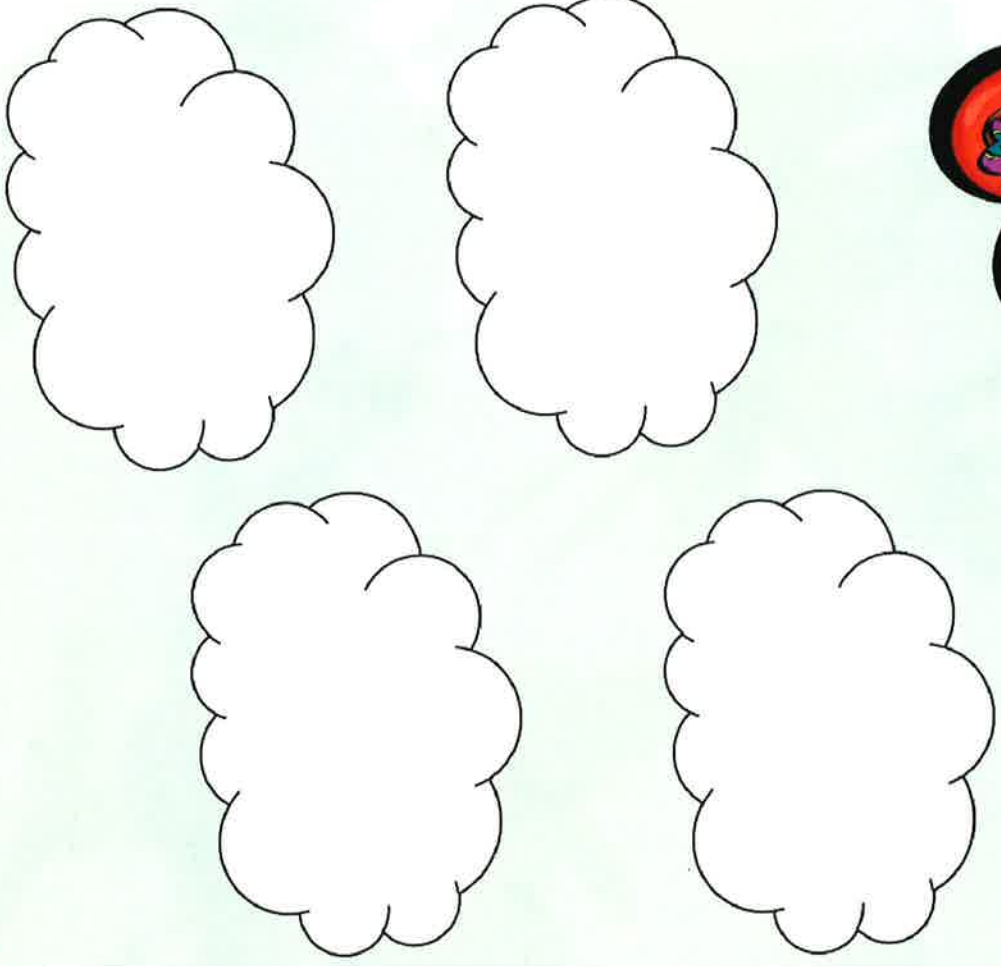


Day 2



This is me being helpful

These are some things I can do to be more helpful



Day 3



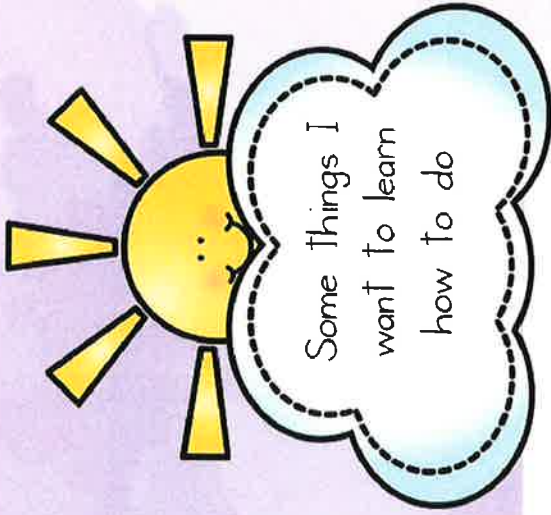
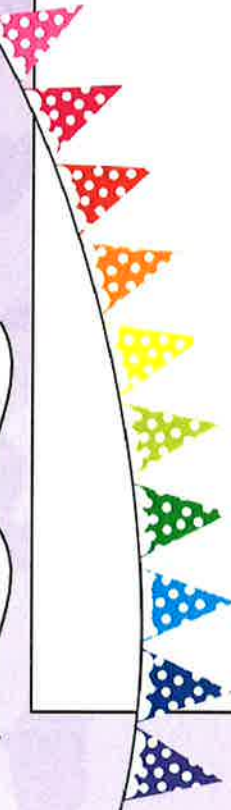
This is me with one
of my friends



These are people I can
connect with...

Day 4

Here is me showing
something I have
learnt to do



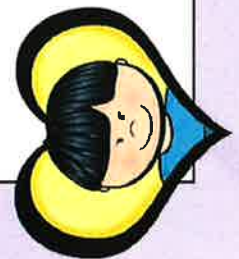
1.

2.

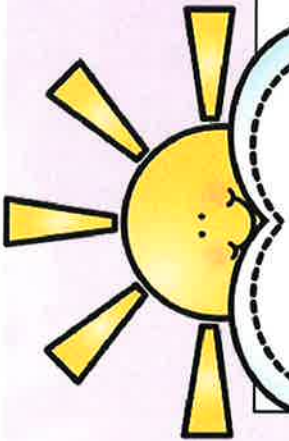
3.

4.

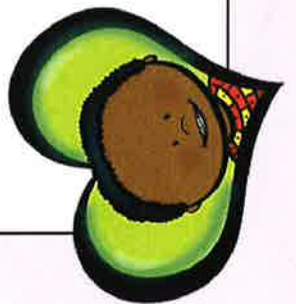
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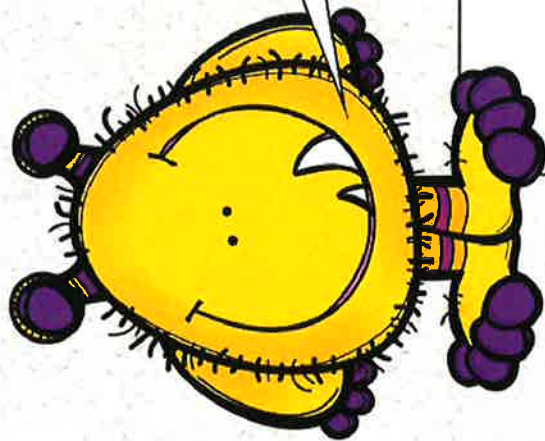


Day 5

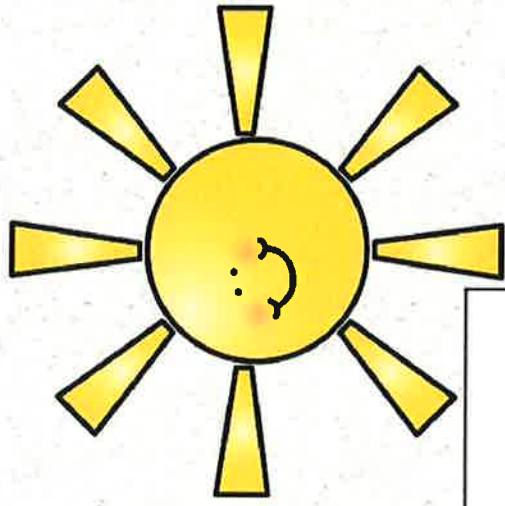


This is a
mandala I
have coloured

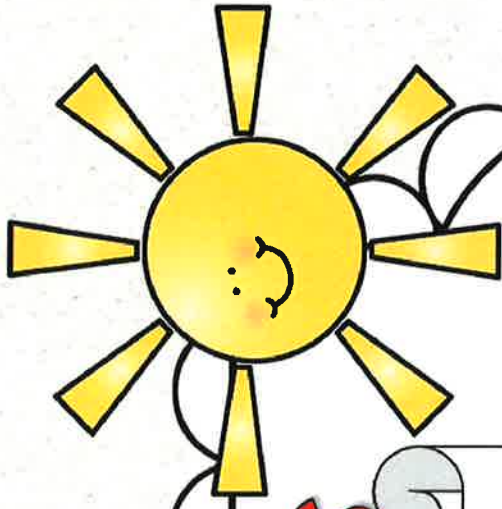




Did I do it?



Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

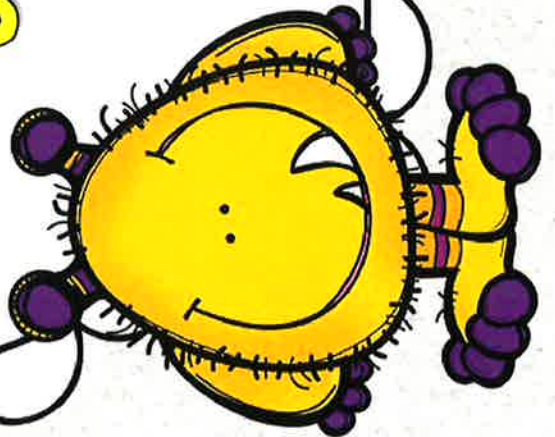


CONGRATULATIONS

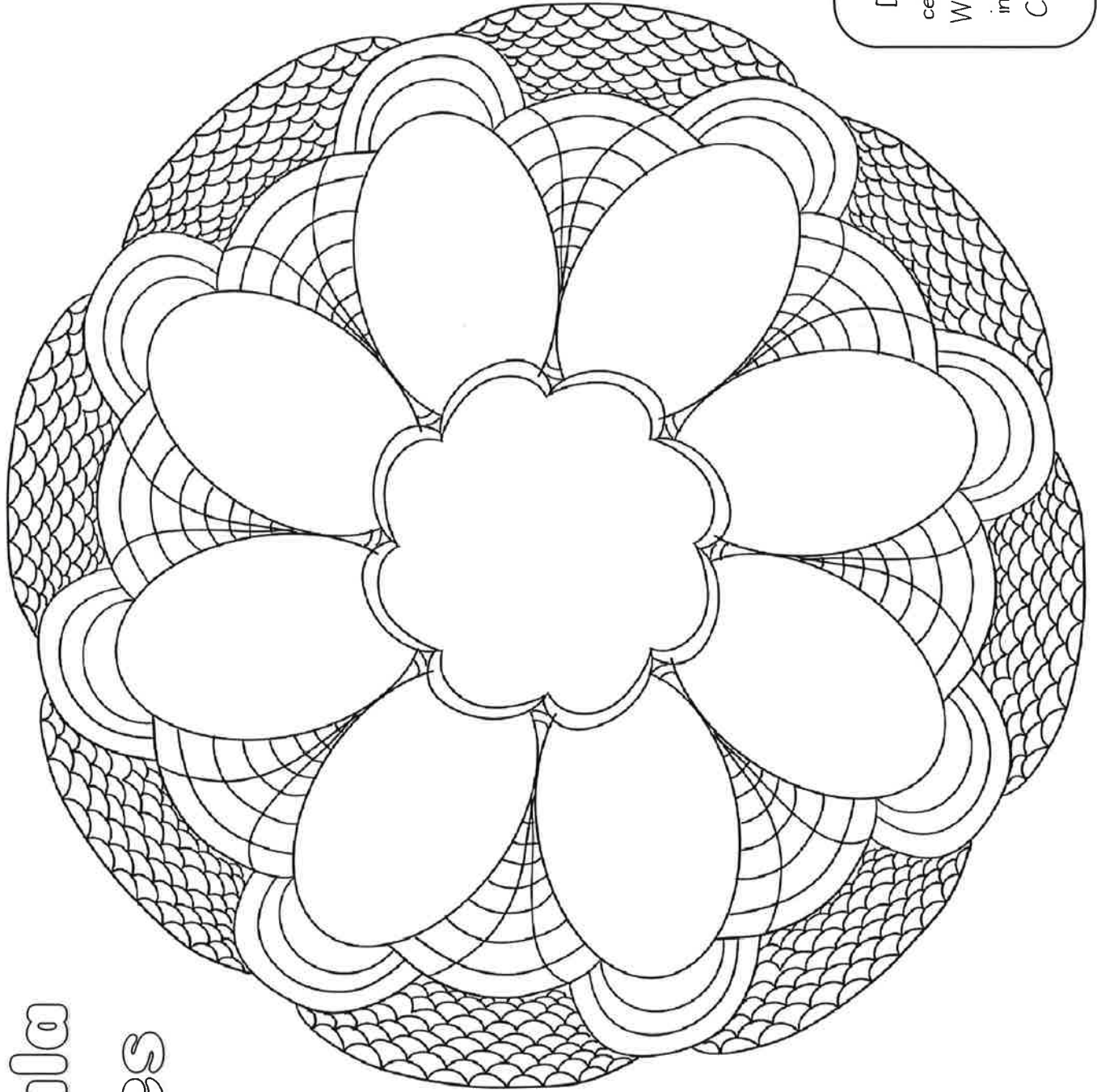
**ON COMPLETING THE ELSA SUPPORT
HAPPINESS CHALLENGE**

Signed: _____

Date: _____



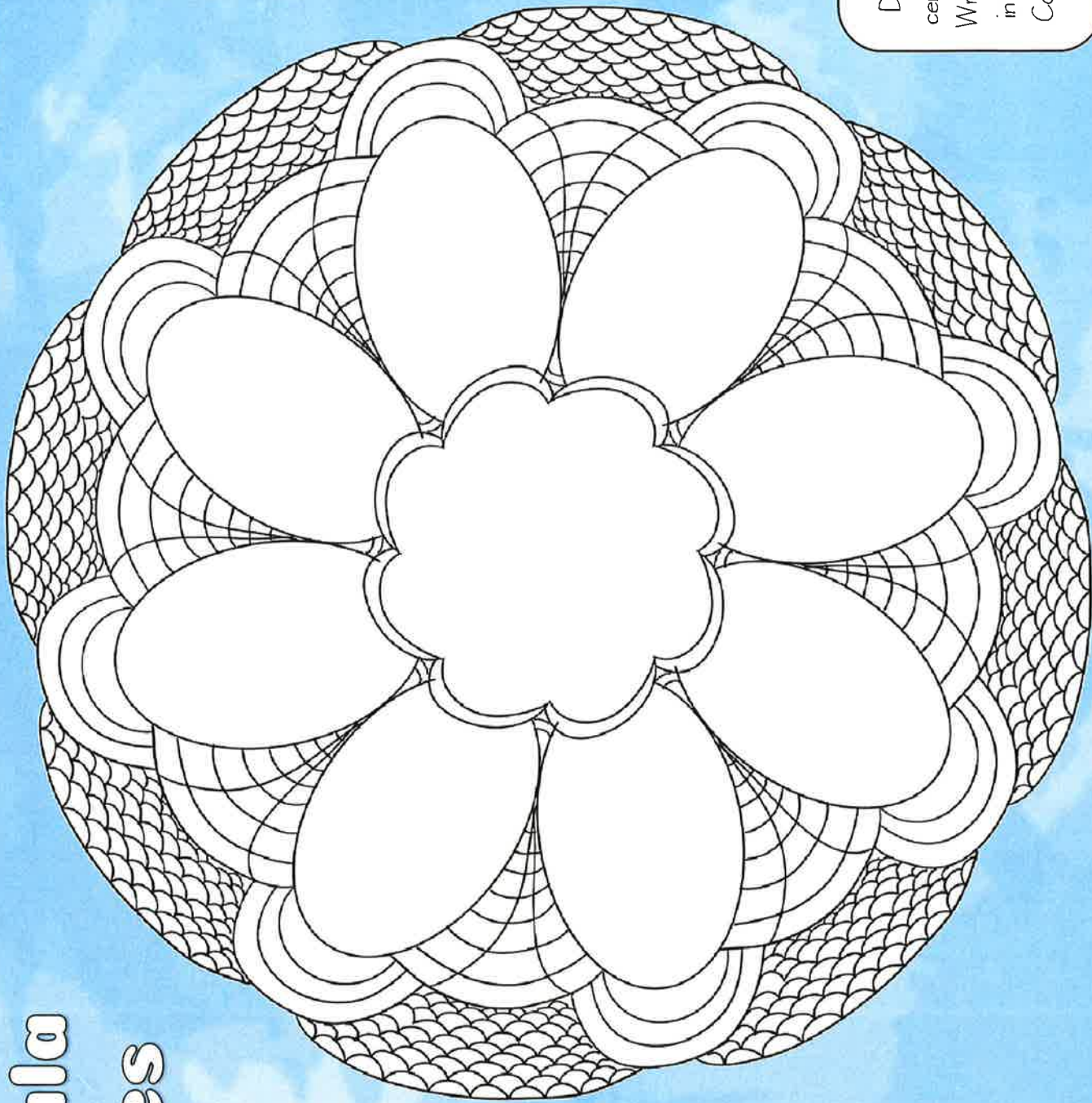
Mandala Wishes



Draw yourself in the
centre of the mandala.
Write a wish or dream
in each of the petals.
Colour in your Mandala



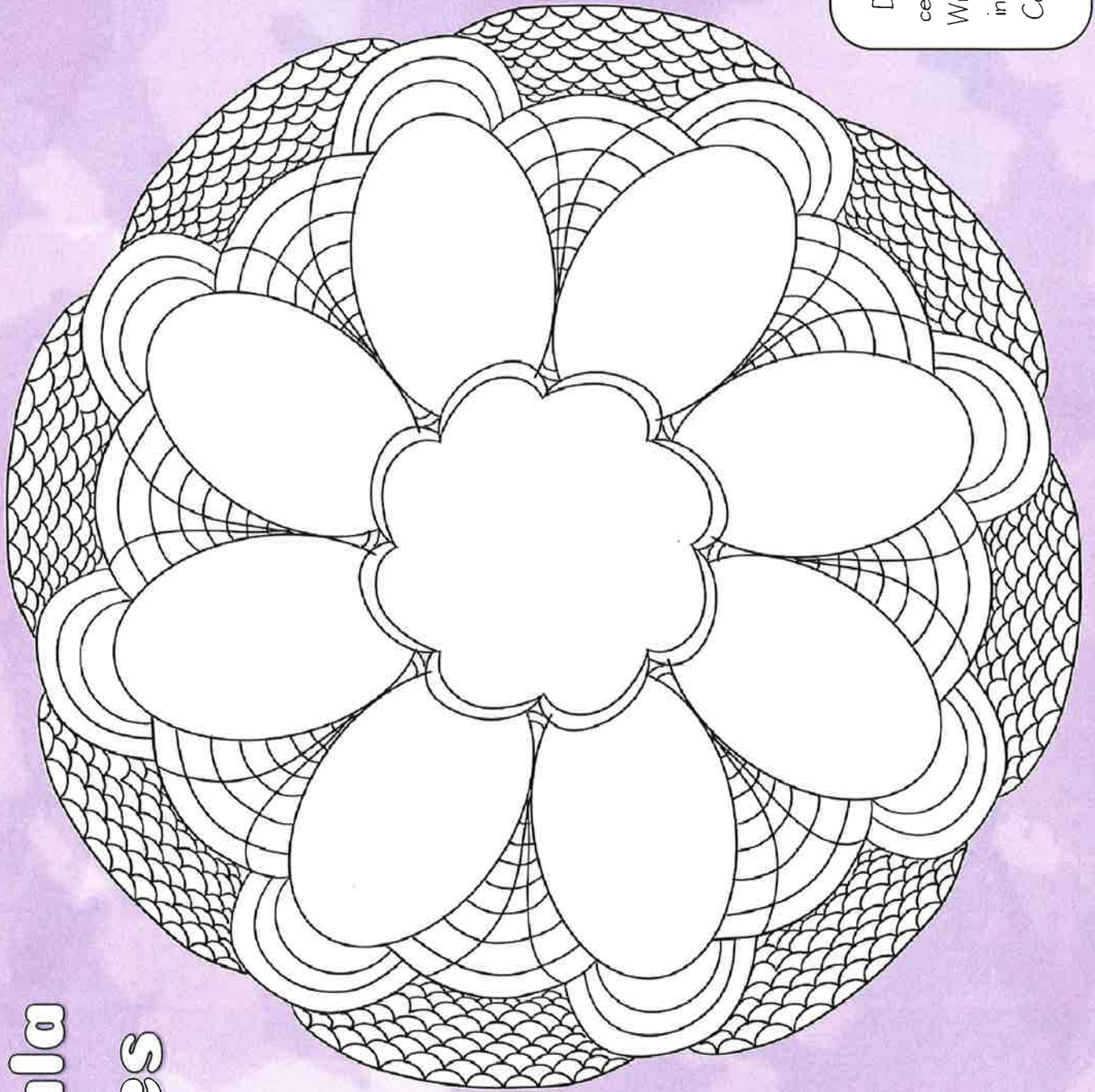
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Mandala Wishes



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Mindfulness Rainbow Walk

Go for a walk with your children and be mindful of all the beautiful colours you can see. Get them to write what they see in each colour of the rainbow. They might see several things that are red, yellow, blue, green and orange.

The aim of the session is to use their power of sight to notice things around them right now in the present moment.

When they have written the things in the rainbow they can carefully colour their rainbows with coloured pencils so as not to hide the writing. There is a copy with and without the bee depending on the age of the pupils you are working with.

For more resources on Mindfulness check out Bee Linda Bee's Mindfulness workbook. Click the picture to take you there. You can download the story for free!

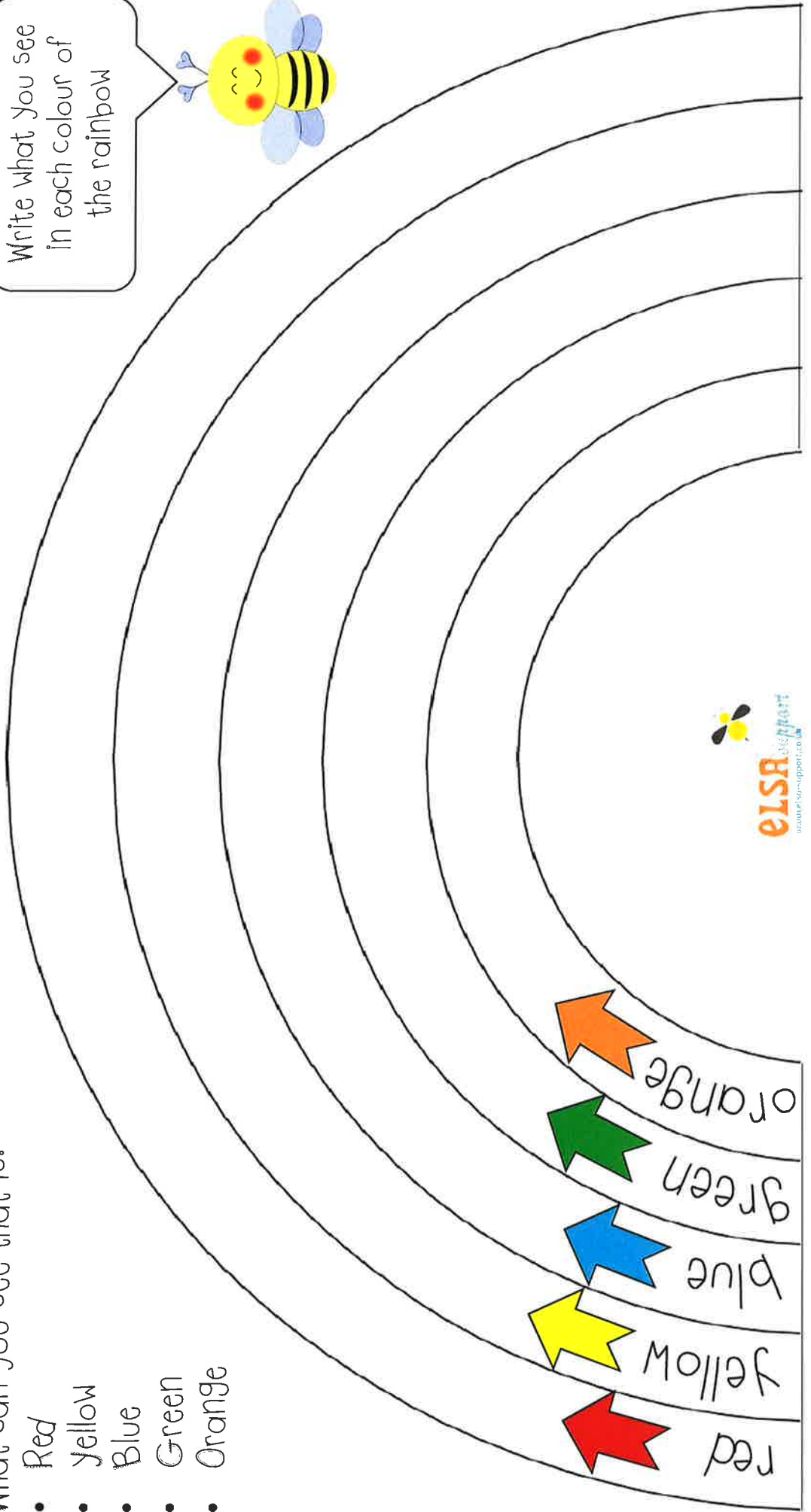
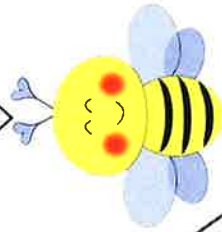


Mindfulness Rainbow Walk

What can you see that is:

- Red
- Yellow
- Blue
- Green
- Orange

Write what you see
in each colour of
the rainbow

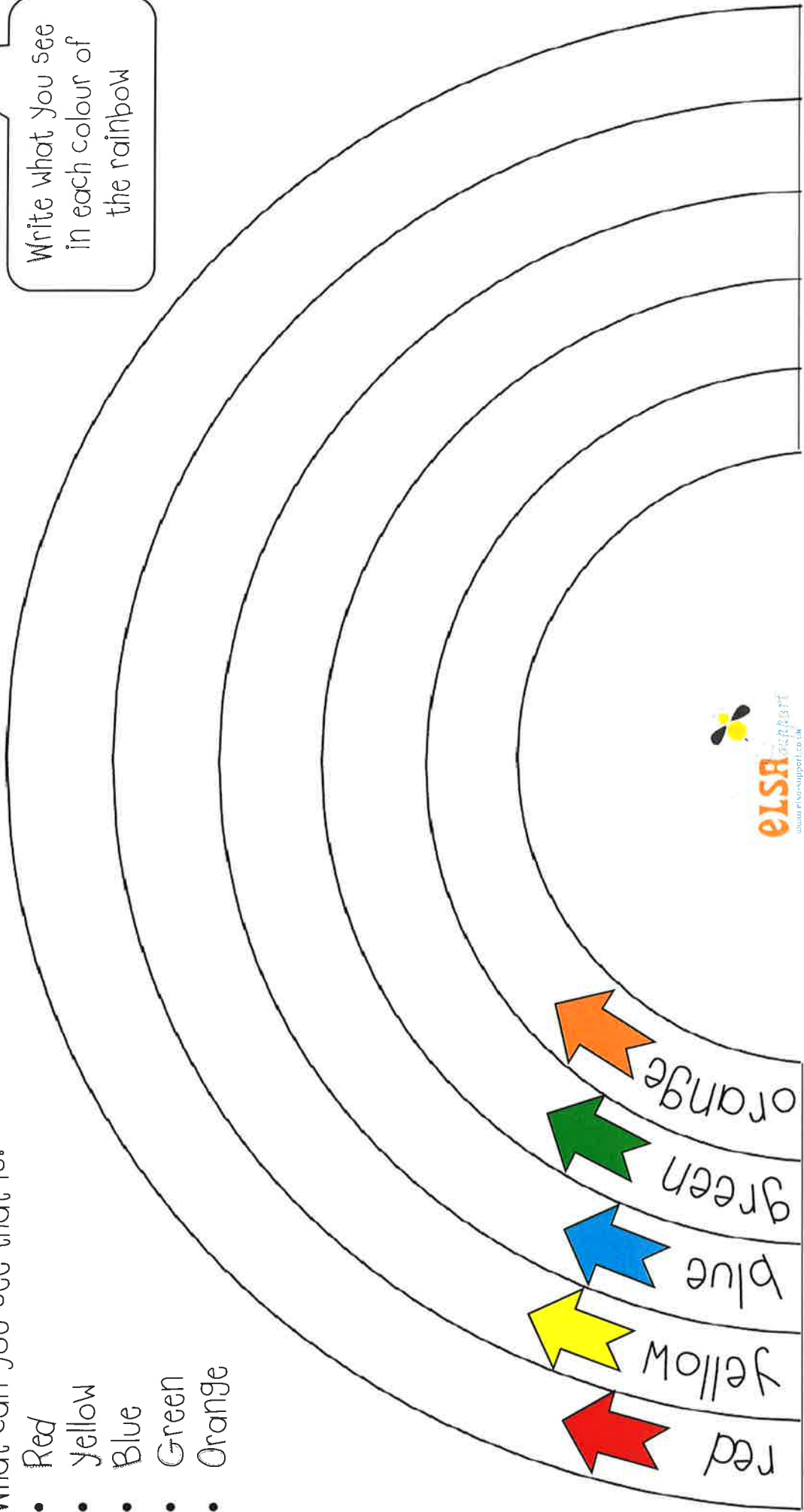


Mindfulness Rainbow Walk



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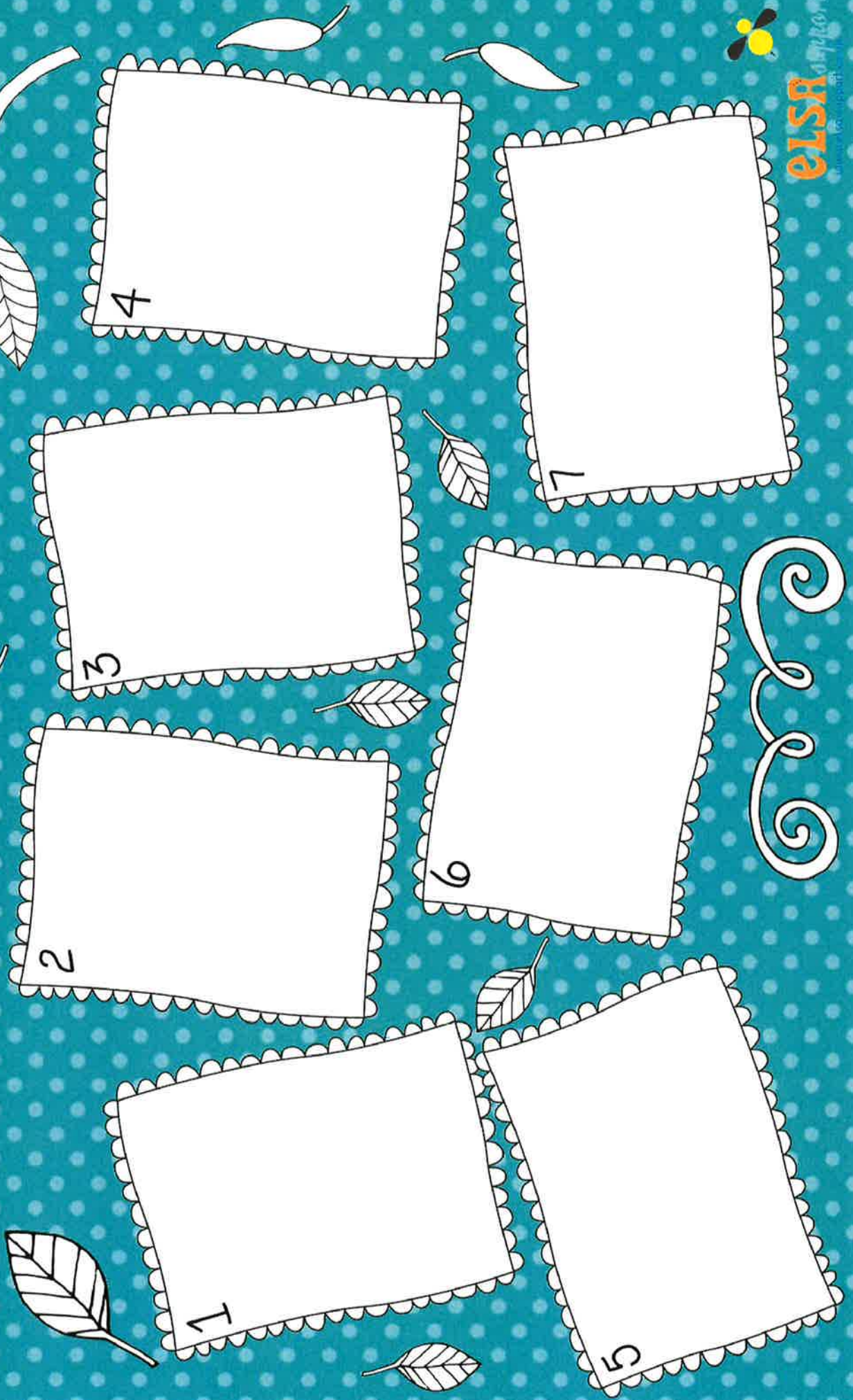
A TO Z OF SELF CARE

A ACTIVE lots of exercise every day	B BELIEVE in yourself	C CONNECT with friends and family	D DREAM of exciting things
E EAT healthy food	F FEEL and acknowledge your emotions	G GRATITUDE be thankful for what you have	H HELP others and enjoy the feeling it brings
i IMAGINATION use yours	J JOY be joyful	K KINDNESS to yourself and others	L LOVE yourself
M MINDSET move on from your mistakes	N NATURE enjoy all the nature around you	O OPEN your mind to the sensations around you	P PEACE find peacefulness
Q QUIET take time out to relax and recharge	R RESILIENCE you can bounce back – you've got this!	S SLEEP make sure you are getting enough	T TALK positive self-talk
U USE your brain to learn new things	V VISUALISE your fun times	W WALK run and play	X EXHALE slowly and breathe
 ELSA support www.elsa-support.co.uk	Y YOGA learn some exercises	Z ZEN be at peace with yourself	

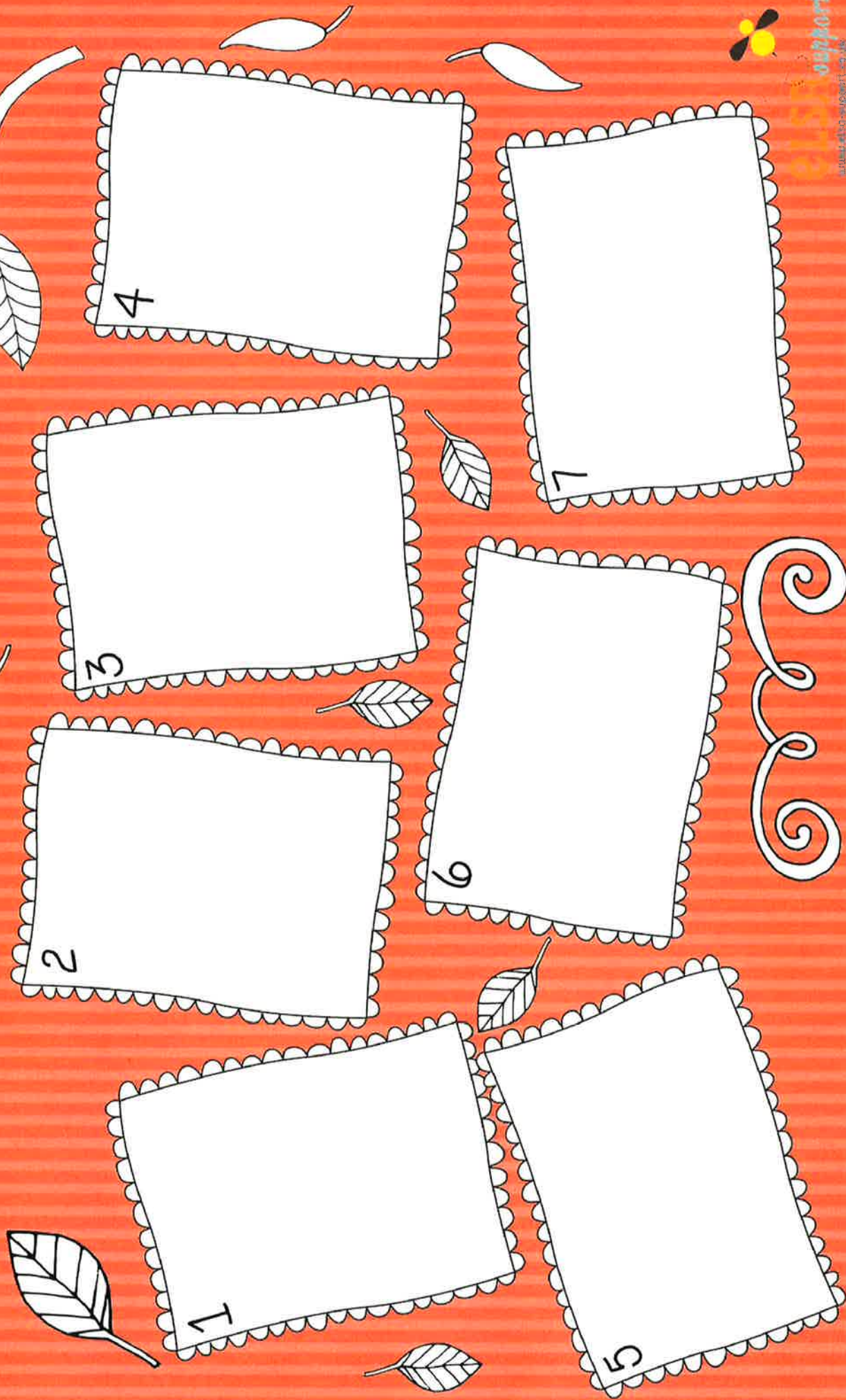
A TO Z OF SELF CARE

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
 ELSA support www.elsa-support.co.uk	Y	Z	

Doodle a Day



Doodle a Day



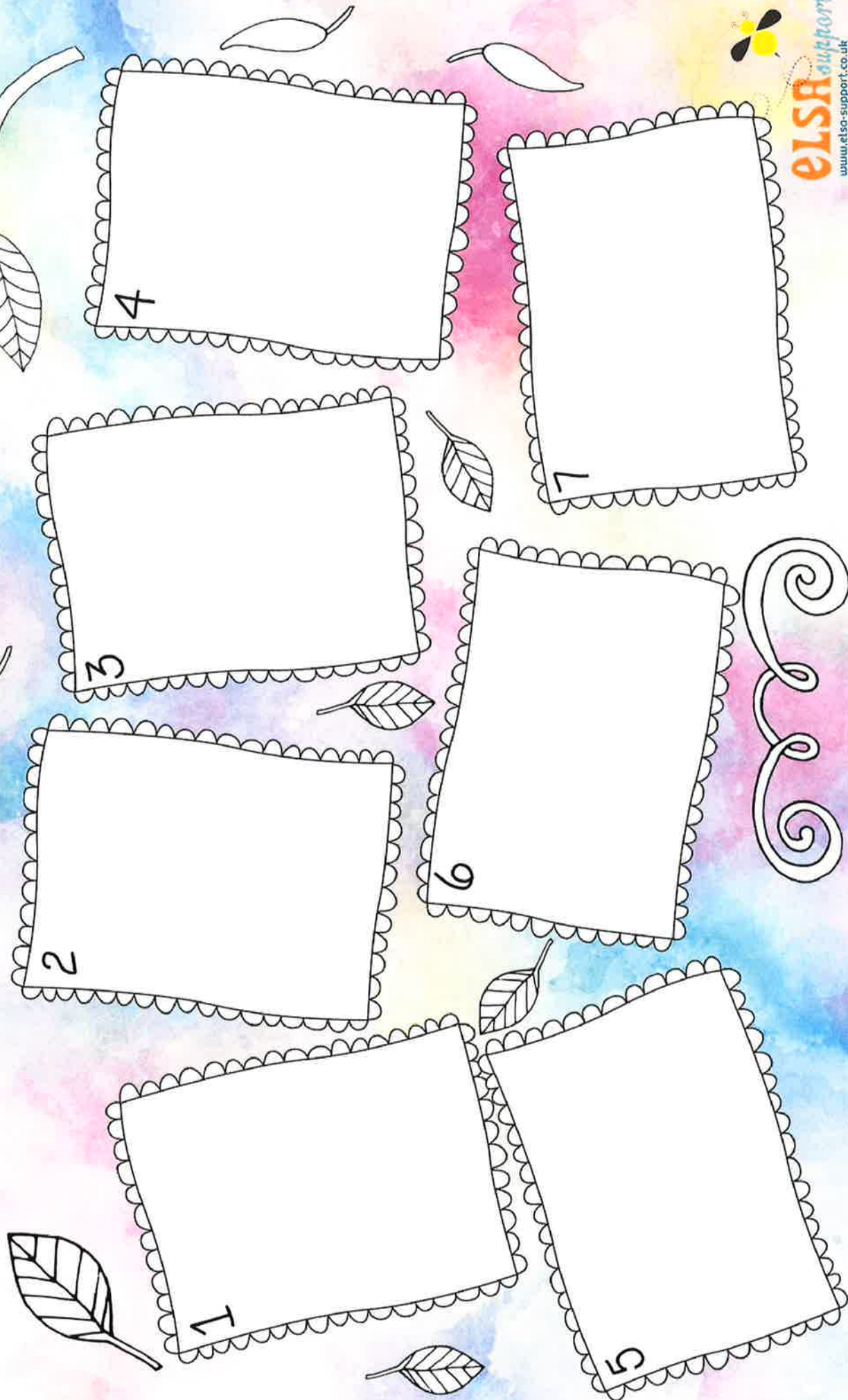
Doodle a Day



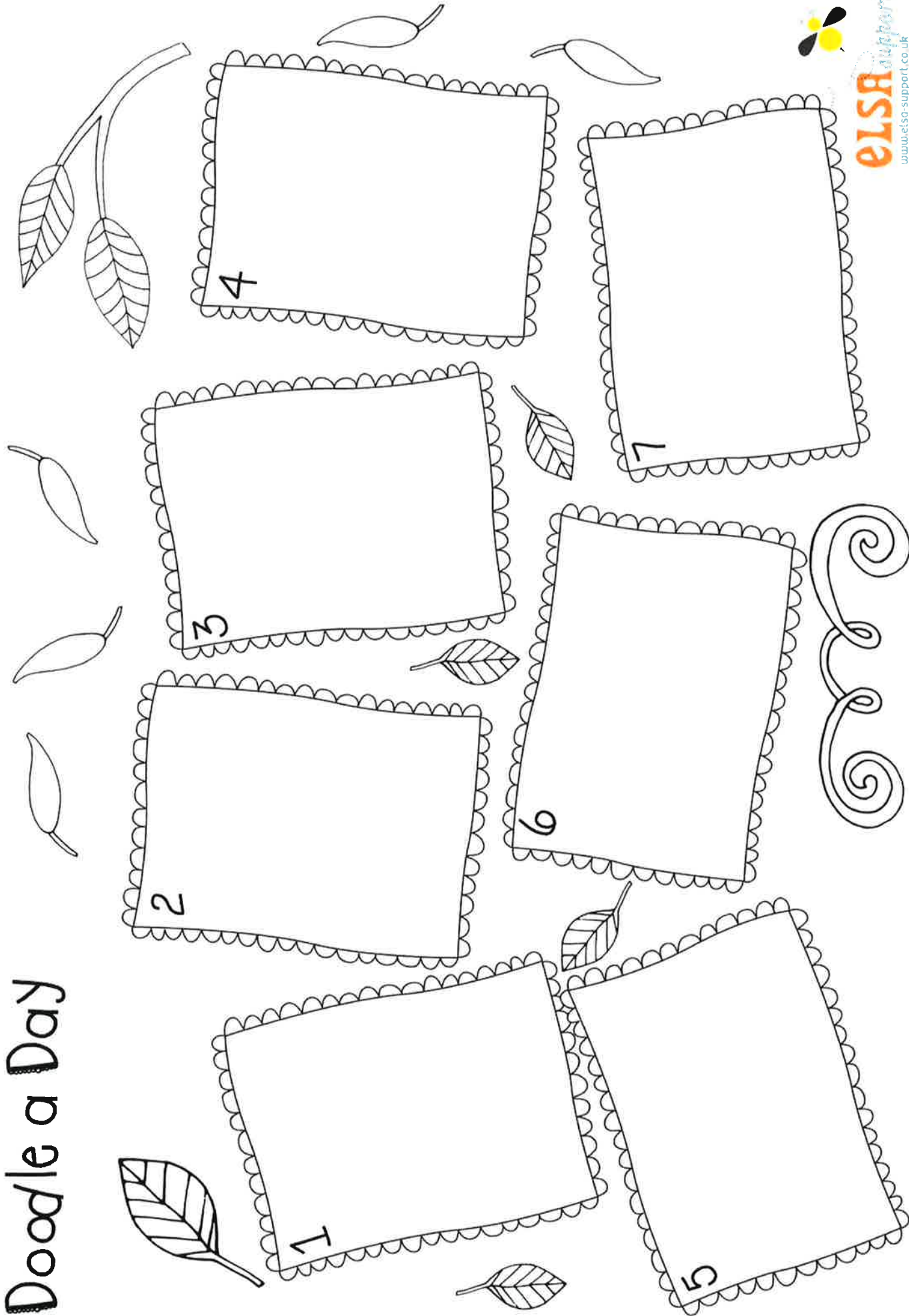
elsa

elsa@elsa-support.co.uk

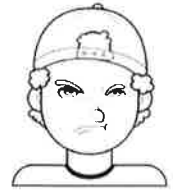
Doodle a Day



Doodle a Day



20 FACES



20 faces all individual, all different, all with different facial expressions. This exercise is great for thinking skills as well as the following...

Potential Learning objectives:

- I can understand how everyone feels different emotions.
- I can understand that we are all different
- I can identify the emotions I have drawn
- I can tell you about a time when I felt each emotion
- I can explain how I might help someone who is experiencing a negative emotion
- I can make each facial expression

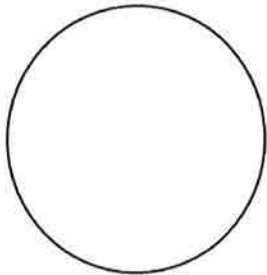
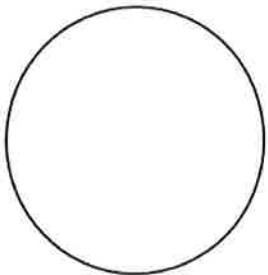
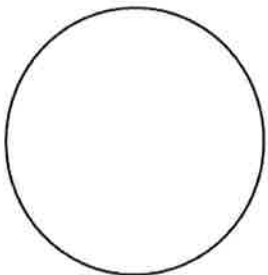
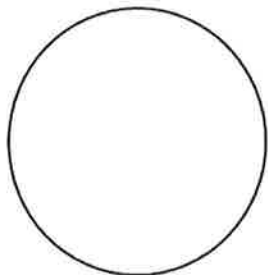
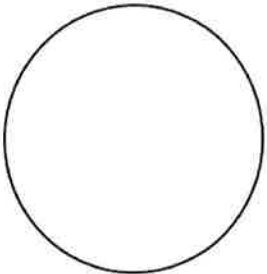
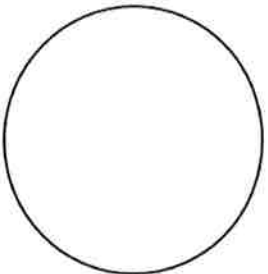
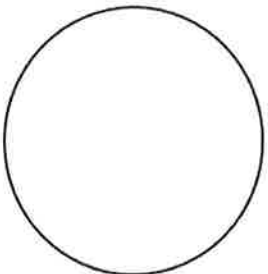
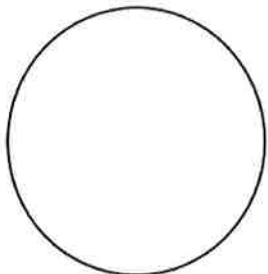
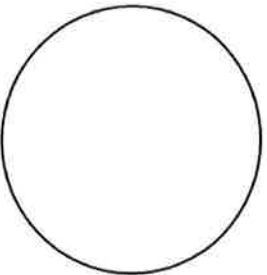
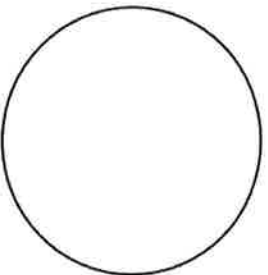
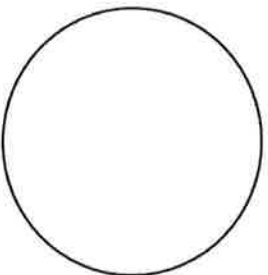
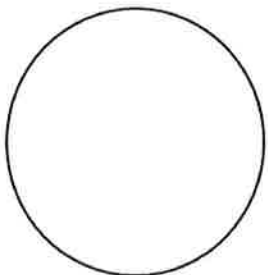
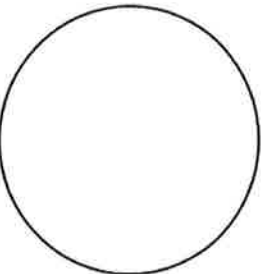
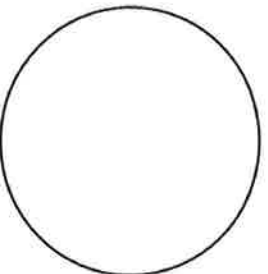
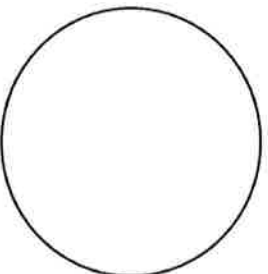
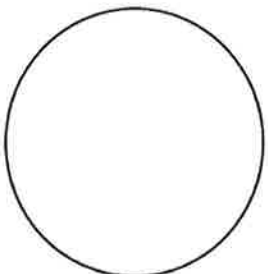
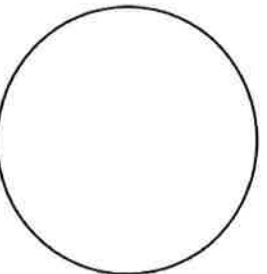
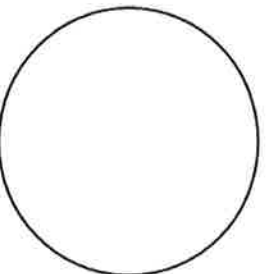
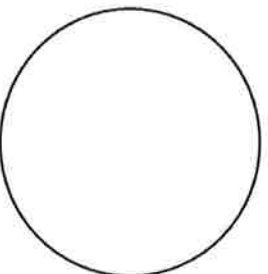
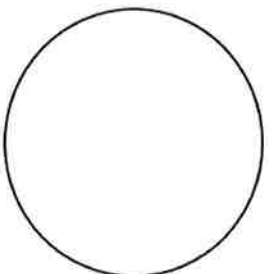
Present the sheet to the children and consider some of these suggestions

1. Pupils can give each face a different expression
2. Pupils can colour in the different faces in different colours to represent difference in skin tones.
3. Pupils can see visually how we are all different. Different appearances, different expressions. Discuss difference.
4. Pupils can identify the feelings of each individual face
5. Pupils can talk about a time when they might have felt this emotion
6. Pupils can explain how they would help each face showing a negative emotion
7. Pupils can use a mirror to make each expression themselves.
8. Pupils can fill this in over a few sessions as a warm up. One face at a time.
9. Pupils could choose one of the faces and draw the body language to match
10. Pupils could choose one of the faces, draw the body and draw a thinking bubble. What might that person be thinking?

20 FACES



20 FACES

5 DAY ELSA SUPPORT Mindfulness Challenge



Drawing or writing task –
Draw or write about what you can see, hear, feel, taste and smell

Talking or doing task –
Sit for 5 minutes and concentrate on one of your senses

Day 1

Drawing or writing task –
Draw or write about things you are grateful or thankful for

Talking or doing task –
Do something kind for someone

Day 2

Drawing or writing task –
Sit for 5 minutes and let your mind wander. Draw or write about your day dream

Talking or doing task –
Spend a few minutes each day daydreaming

Day 3

Drawing or writing task –
Design a mindfulness colouring pattern

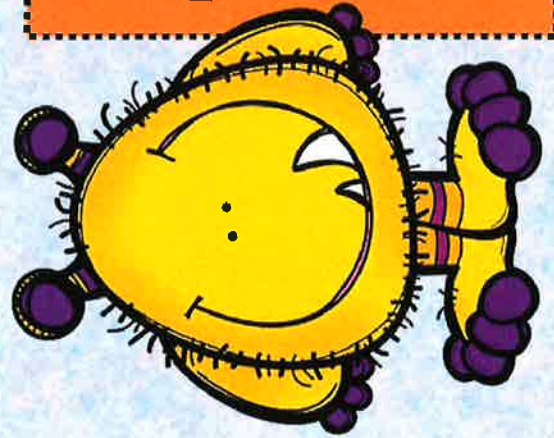
Talking or doing task –
Colour in your pattern

Day 4

Drawing or writing task –
Visualise your happy place and draw or write about it

Talking or doing task –
Sit for 5 minutes each day imagining your happy place

Day 5



Day 1



Things I can see, hear,
feel, taste and smell



1.

2.

3.

4.

5.

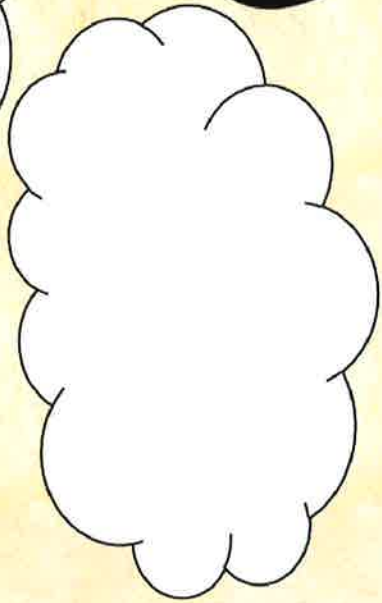
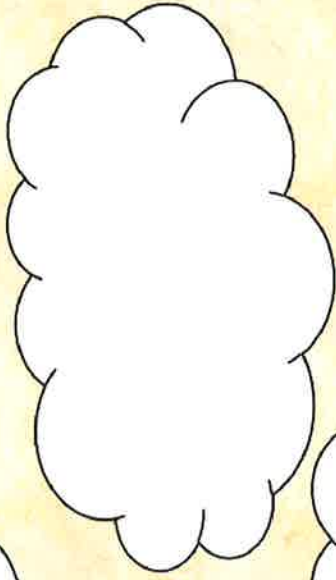
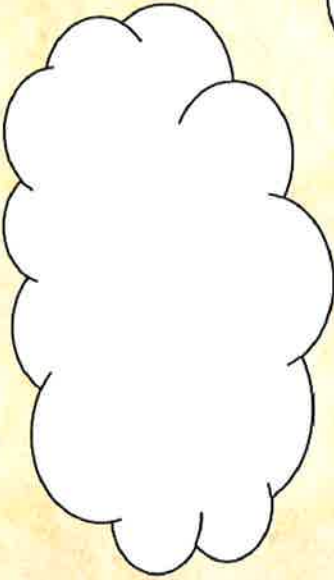


Day 2



I am grateful for
these things

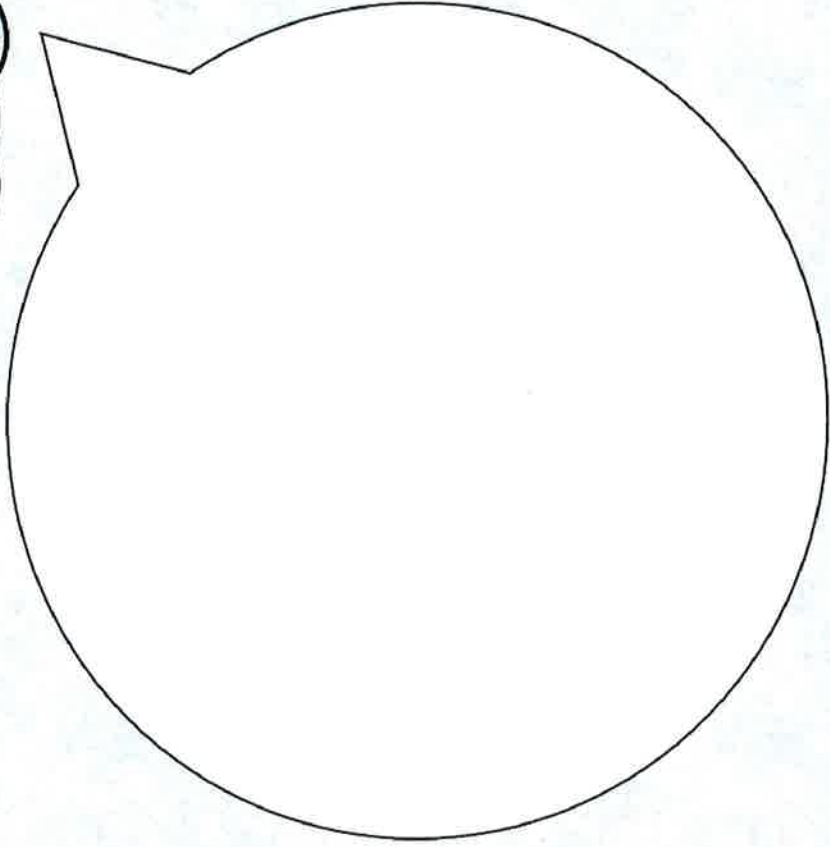
These things make
me feel grateful



Day 3



This is my daydream

A large, empty rectangular box with a black border, intended for a child to draw their daydream.

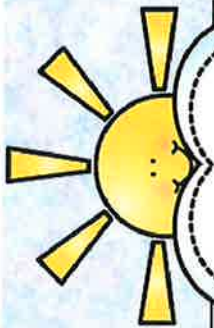


Day 4

This is my mindfulness
pattern

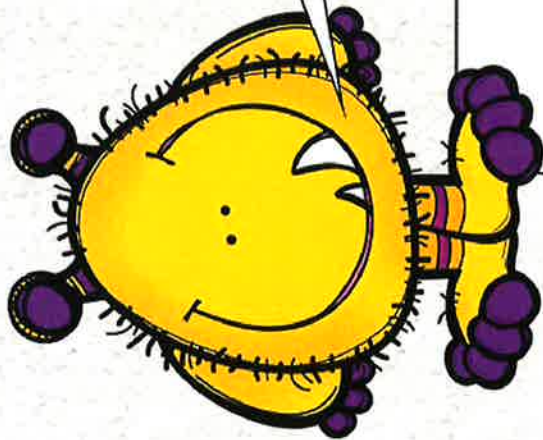


Day 5

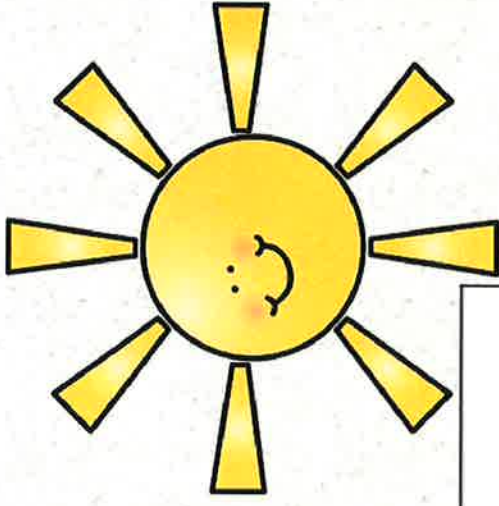


This is my
happy place

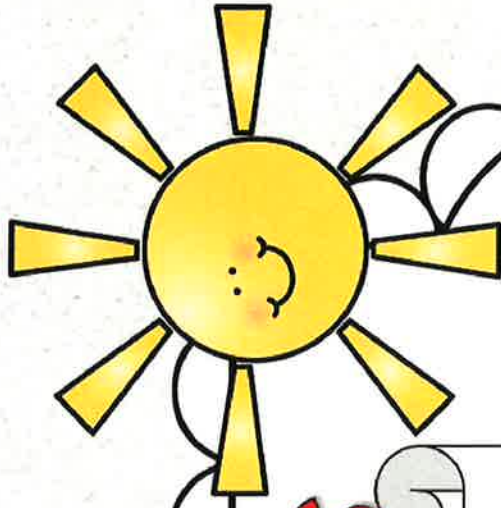




Did I do it?



Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

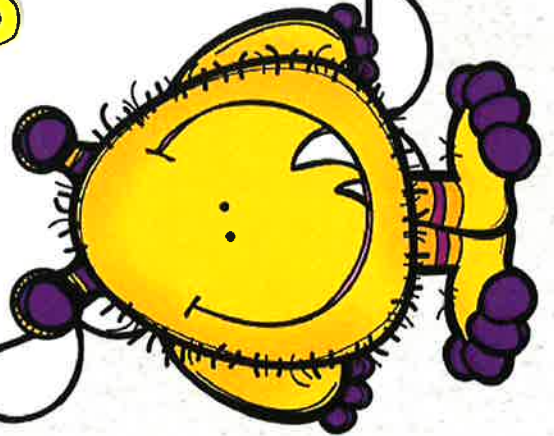


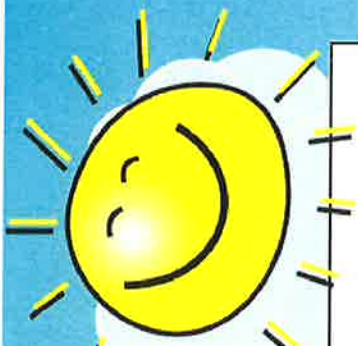
CONGRATULATIONS

**ON COMPLETING THE ELSA SUPPORT
MINDFULNESS CHALLENGE**

Signed: _____

Date: _____





My Perfect Day



Blank rectangular box for drawing or writing.

Blank rectangular box for drawing or writing.

Blank rectangular box for drawing or writing.

Blank rectangular box for drawing or writing.

Blank rectangular box for drawing or writing.

Blank rectangular box for drawing or writing.