

Please feel free to print and use these resources with your young person to help them continue important therapeutic and mental health themed work during this time of self-isolation and social distancing.

All the activities in here are based around topics like grounding, calming, emotional awareness, mindfulness and self-esteem.

Even if these were not the skills and topics we were focusing on in therapy, they still provide a great opportunity to work on some of the building blocks of positive mental health.

Please feel free to use these activities with other young people in your family and even yourselves if you find them helpful!

If you don't have a printer then a lot of these activities can be quickly drafted up on paper or just discussed or given verbally.

Keep safe,

Youth Intervention Centre



Home scavenger hunt...



Something blue ...		Something very tall...	
Something orange ...		Something very short...	
Something bigger than me ...		Something that makes me smile...	
Something smaller than my hand ...		Something that makes me calm...	
Something fluffy ...		Something that is blue and red...	
Something bumpy ...		Something that is smaller than my hand and green...	
Something light ...		Something heavy ...	



Home scavenger hunt...





Take a moment to relax and ground yourself!

CHOCOLATE BUTTON MEDITATION

Using our Senses



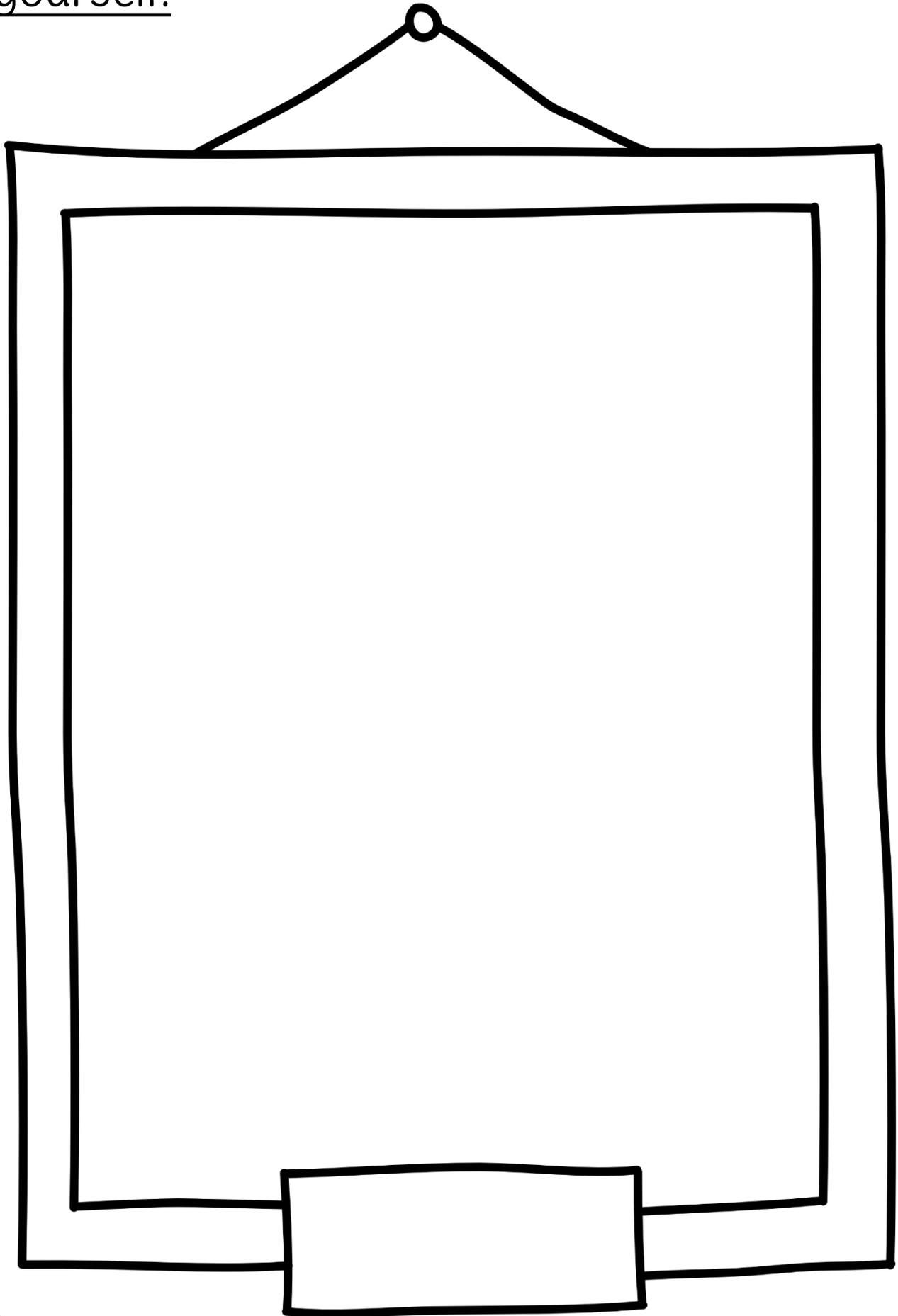
1. See - Look at the chocolate button.
What colour is it? What shape is it?
Explore it with your eyes.
2. Touch - Hold the button and feel it.
Is it sticky? Is it smooth?
Explore it with your hands.
3. Smell - Bring the button to your nose and smell it.
Does it smell sweet? How would you describe the smell?
Explore it with your nose.
4. Taste - Put the button on your tongue.
What do you taste? How does it feel as it melts?
Bite the button.
What sound does it make? Is it hard or soft?
5. Once you've eaten the button how do you feel now?
Can you still smell or taste the chocolate, can you
notice any feelings of hunger or enjoyment?



You don't have to use chocolate buttons (although they are delicious!) you could also use raisins, biscuits, fruit, vegetables... anything really!



Draw a portrait
of yourself:



Here are some prompts, why don't you try drawing your answers to them?

How are you feeling right now?

What makes you feel happy?

What makes you feel sad?

Draw your favourite place in the world!

Draw a penguin at a party!

If you had a time machine where or when would you go?

Draw a map from where you are now to where you want to be!

If you made a secret den or hideout what would it look like?

Draw your favourite animal!

If your feelings were the weather, what type of weather would you be?



Using our senses can be a really good way to feel more grounded and to help keep anxiety at bay.



Take a deep breath and slowly work through:

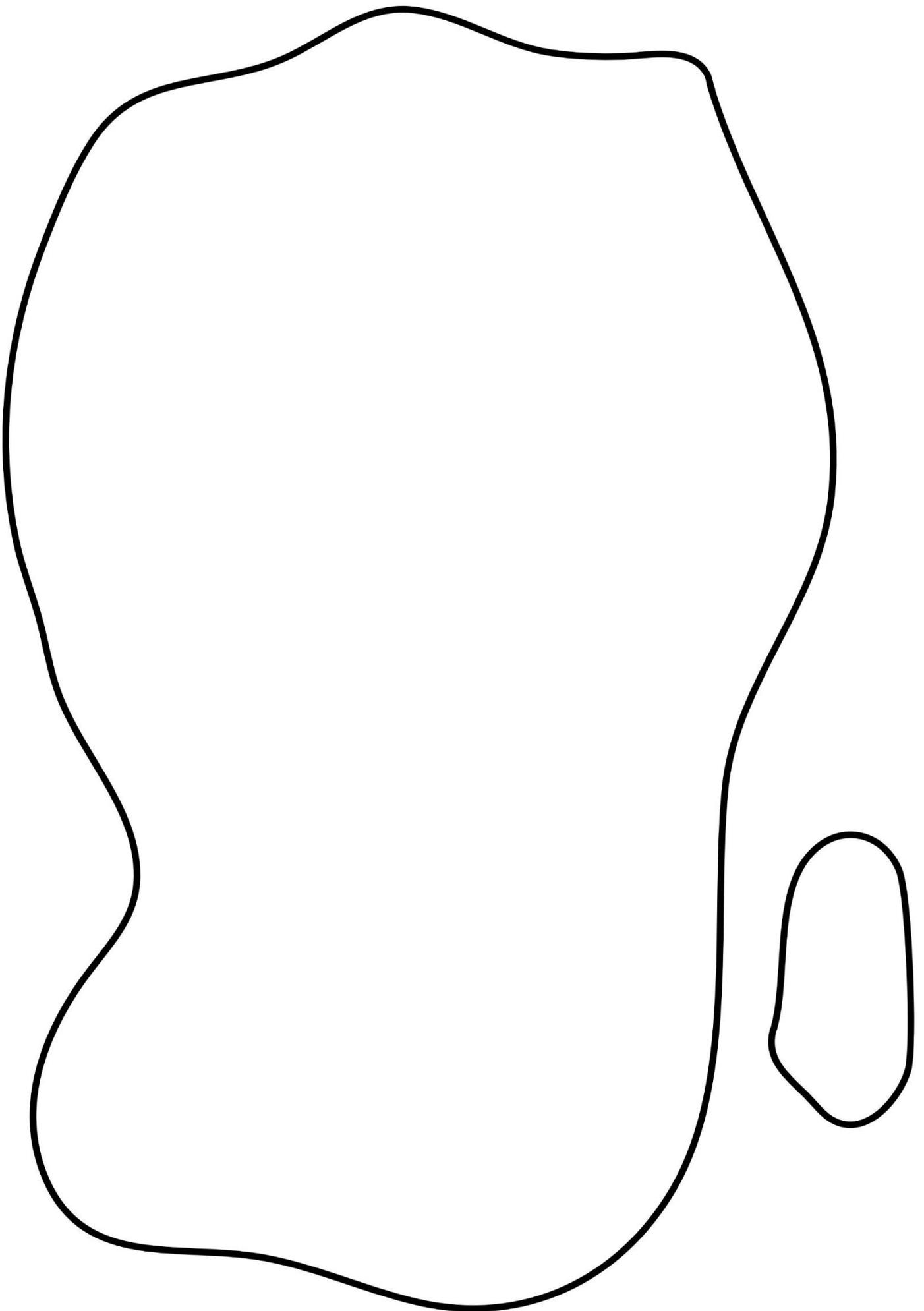
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- & 1 thing you can taste

Turn the next page in to an island all about you!

Things you might want to include are:

- School – What's good, bad, favourite lessons, friends...
- Do you have a favourite time of the year?
- How are your friendships and relationships, where would you put them on your island?
- What kind of things do you think about a lot?
- What are your most common feelings?
- What about your family; parents, siblings, grandparents, carers – where would they all go?
- What is your favourite food?
- What are the good things in life – where would they go?
- What are the not so good things in life?
- Where do you see yourself in the future; job, family, house, pets, travel...
- Think about your favourite things, make sure they all have a place on the island.
- What about your feelings; happiness, sadness, anger, excitement, fear etc....
- Think about the past, present and future... how have you got to where you are now?
- Where were you born and where do you / did you live?
- What's your favourite childhood memory?
- Does your Island have any roads or paths, where do they lead to?
- Does your Island have an airport, train station, harbour?
- What natural objects are on your island; lakes, rivers, mountains, canyons, holes, forests?
- What man-made objects are on your island; cities, castles, walls, monuments, villages?
- What kind of weather and environment does your Island have, does it change, is it the same all over the island?





If you have some UNO cards at home, try setting your own rules for the special cards using the next sheet!

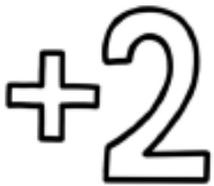
For example: When someone plays a +4 card, they also have to answer the question, what does worry look like?

Other questions could be:

- How are you feeling today?
- What things make you angry?
- How do you cope when you feel overwhelmed?
- What does being calm mean?
- If happiness was a colour what colour would it be?
- If you could travel anywhere in the world where would you go?
- If you could be any animal in the world what would you be?
- What's your favourite thing about school?
- What's your least favourite thing about school?
- Name one thing that makes you a great friend.
- Name something you love about yourself.



EMOTIONAL } Special Card
UNO } Rules



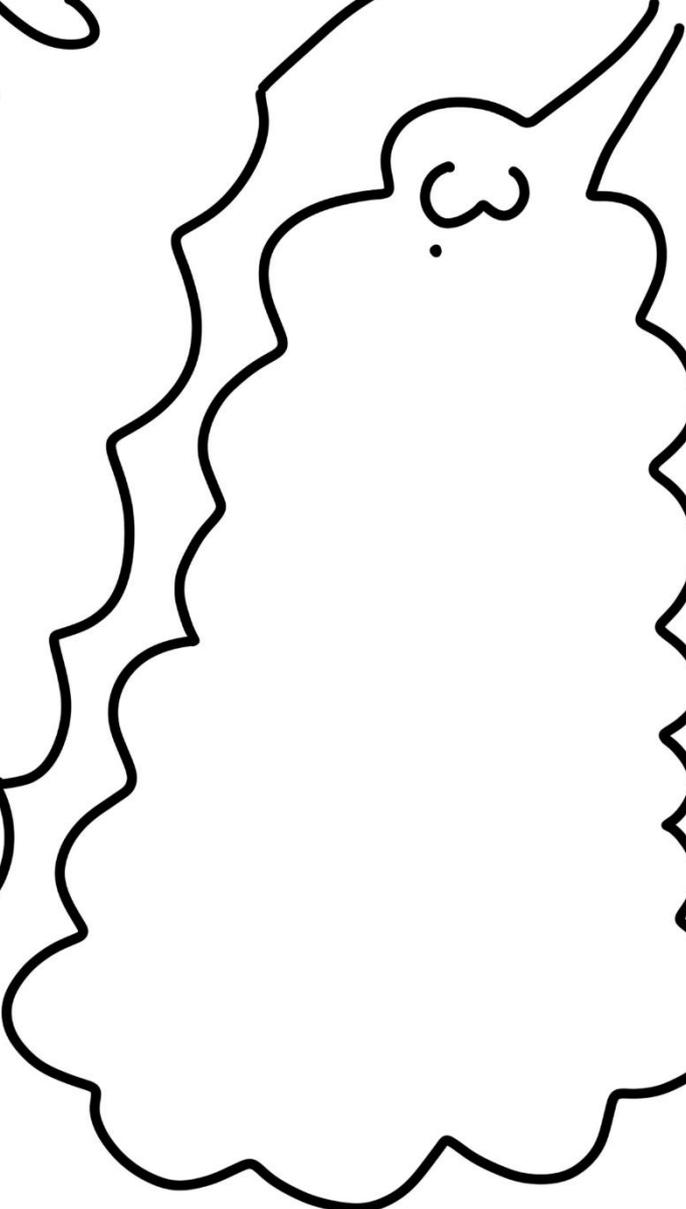
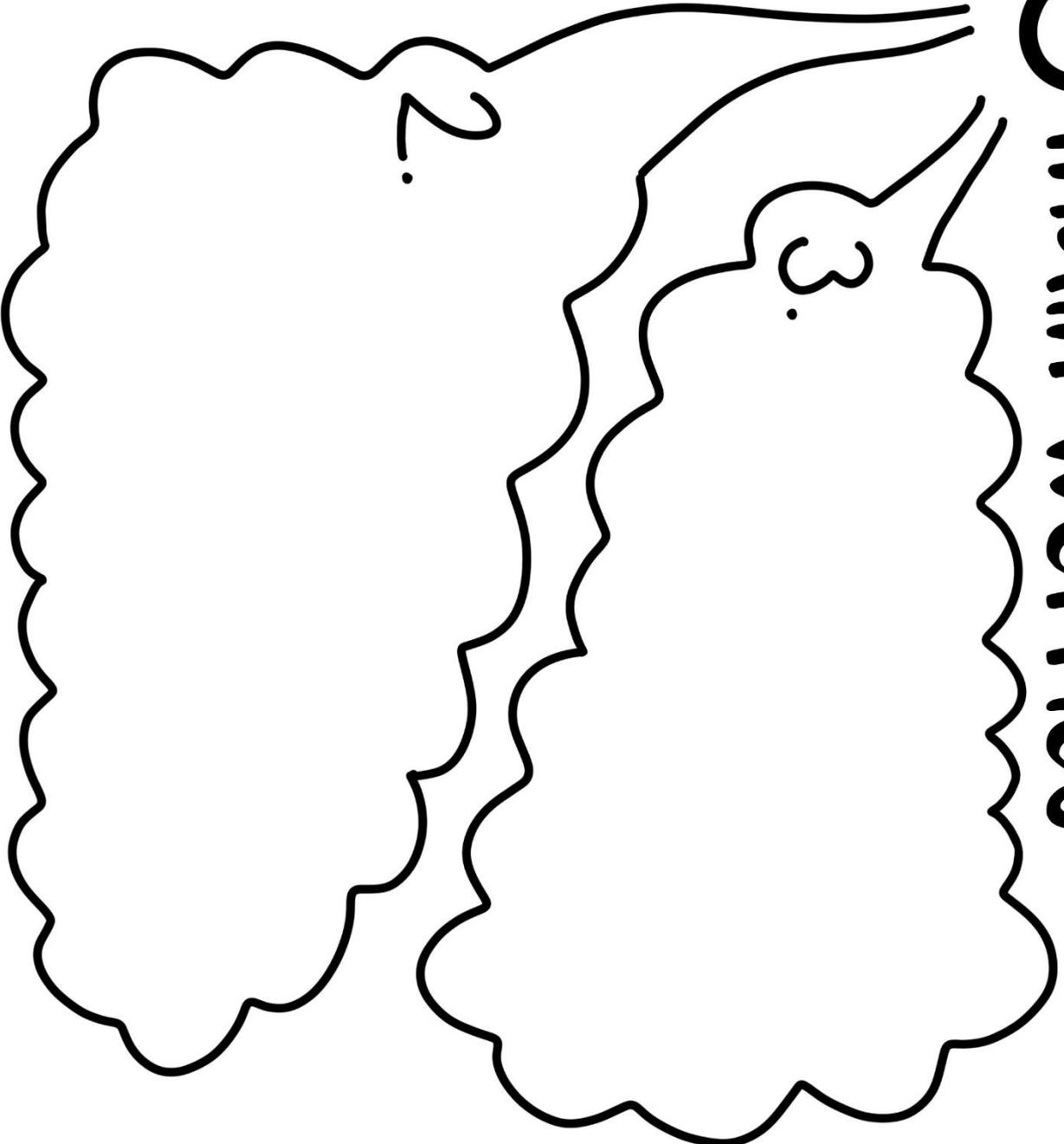
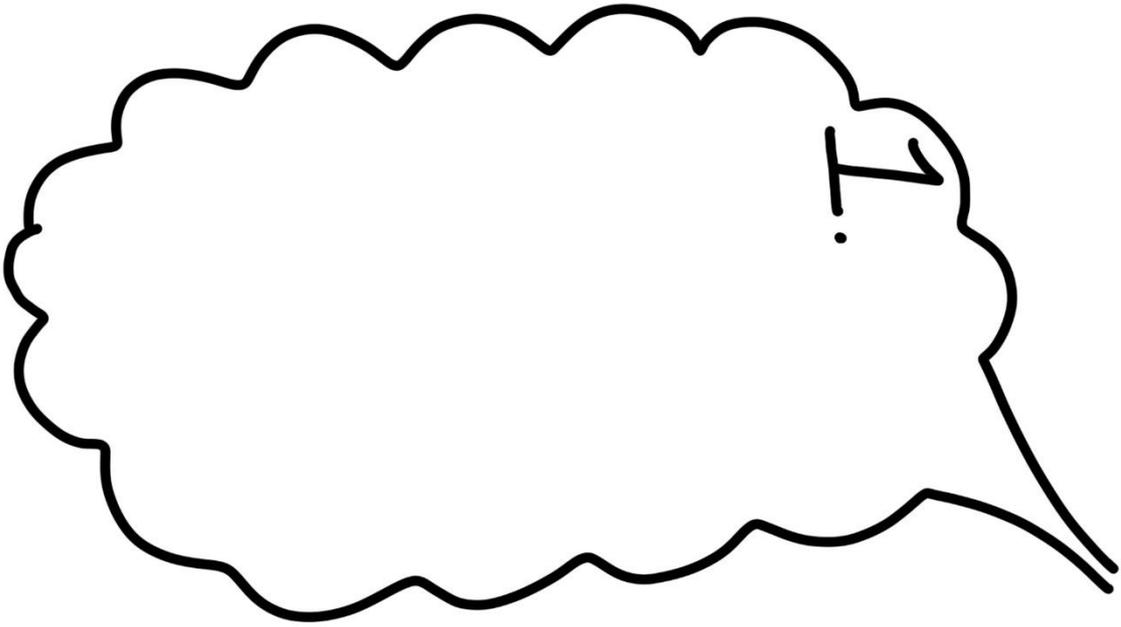
All about me alphabet challenge:

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

Can you write something about
yourself for each letter of the
alphabet?



My 3 main worries



If you're looking for more resources and worksheets that could be useful then please check out:

Twinkl's free one-month offer:

<https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools>

And free activity packs from activity village:

<https://www.activityvillage.co.uk/school-closures>

Offers were valid from 18/03/19

