



**Holy
Family
Catholic**
Multi
Academy
Trust

EYFS/KS1 Activity Pack 2020

These packs have been created by a team of staff from across our 5 schools. We hope that the activities contained within support our children and young people at this time.

Welcome

Covid-19 has now had a far reaching impact on people right across the world and it's important during this time to take care of your mind as well as your body.

Everyone will be reacting in their own way. You might be feeling frustrated or lonely. Concerned about your finances, your health or relatives. And you might be feeling down, worried or anxious. It is OK to feel like this. These are normal reactions to uncertainty and to challenging events.

Covid-19 has also impacted on many of the normal coping strategies we use to deal with stress, and on the everyday activity that underpins our emotional wellbeing. During this time, we may need to be more creative and thoughtful about how we look after ourselves.

This booklet contains practical information about things you can do now to look after your mental health and wellbeing, and how you can support your young child.

STAY AT HOME 

**PROTECT
THE NHS**

 **save
lives**

Sleepy Mobile

There are several versions of the sleepy mobile.

Coloured version, mindful colouring version and plain version.

Useful for

- Mindfulness and relaxation
- Cutting skills and concentration

Instructions

Carefully colour in all the decoration using a range of colours or use patterns to decorate the plain version.

Cut out along the thick black line. Glue the stars to the mobile either straight to it or you could cut out some thin strips to attach the stars to the mobile.

Hang your decoration in your room and read the sleepy words before bedtime.

Watch the mobile move as you take some slow deep breaths.

Remind yourself how amazing it is going to be to have a good nights sleep.

[Click here](#) to download the template.



Worry Monster



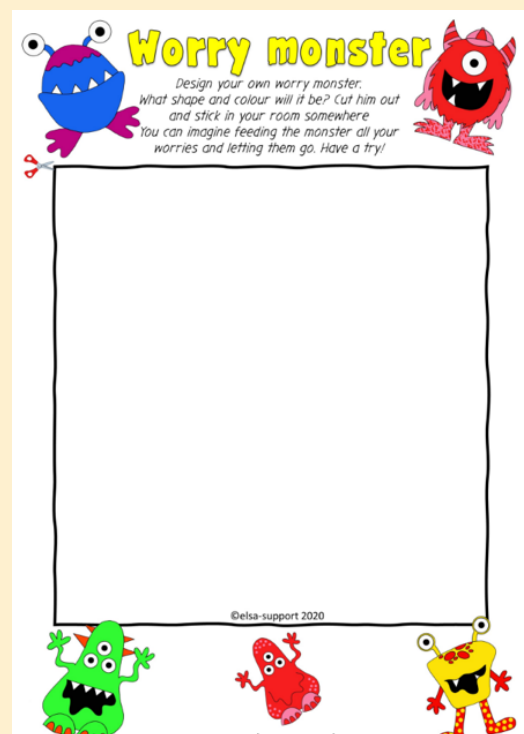
Design your own worry monster. What shape and colour will it be? Cut him out and stick in your room somewhere .

You can imagine feeding the monster all your worries and letting them go. Have a try!

Make a list of worries to talk to your monster about.

(Remember if you are really worried you can talk to an adult too!)

Click the image below to download the PDF.



Backyard Scavenger Hunt

Find 3 kinds of leaves

Find something Yellow

Name a bug that is red

Find 2 sticks

Find something that smells good

Name something you see in the sky

Find something that is round

Find something that grows that is green

Find a bird

Find 3 different coloured rocks

Find something purple

Find a bug



Spring Scavenger Hunt

Find a yellow flower

Find 3 different shaped leaves

Find something that is red

Find a spider web

Find something that flies

Name 2 things you see in the sky

Find something that is long

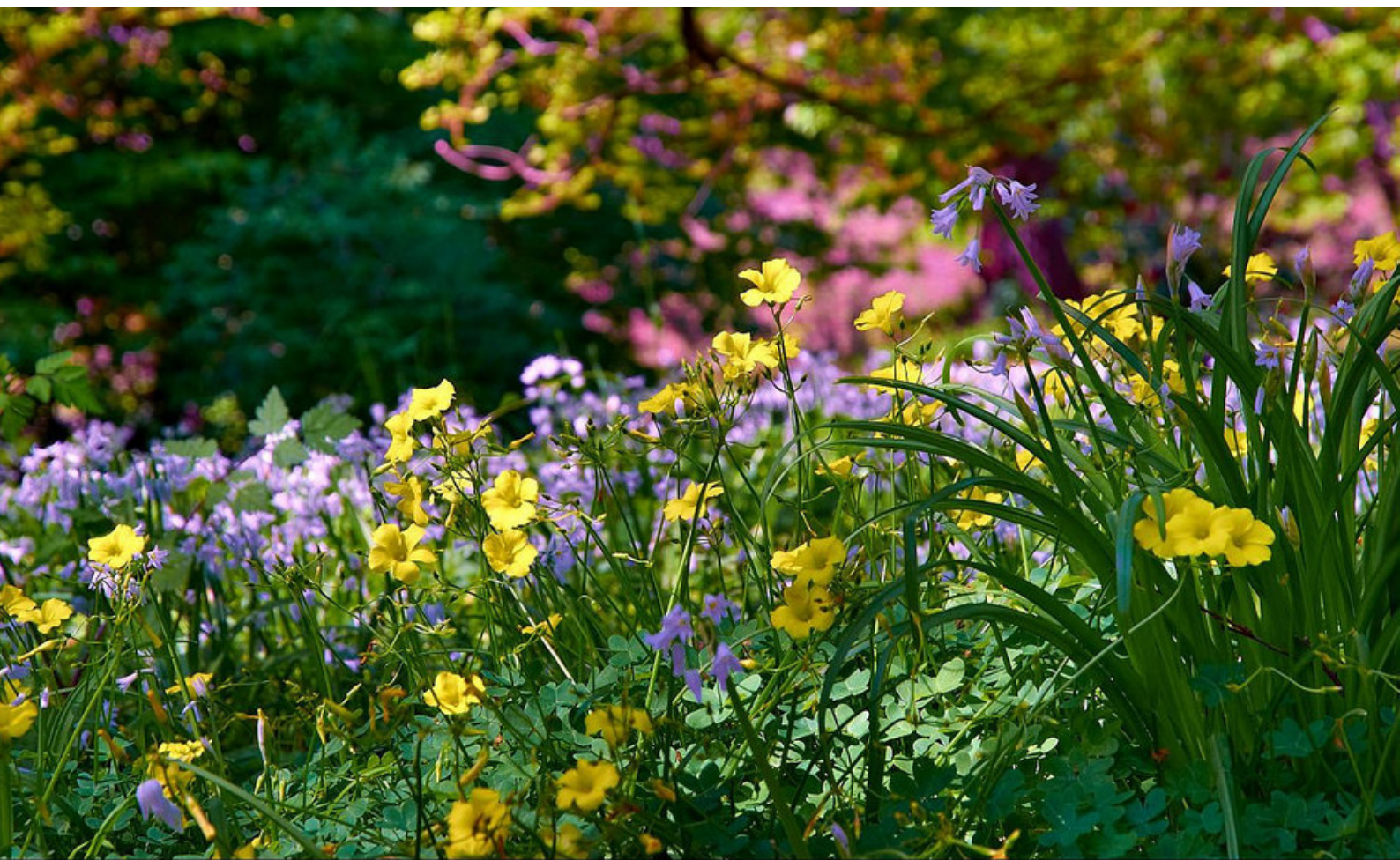
Find something that grows green

Find 2 birds

Find some water

Find something purple

Find something that crawls



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 it does not hide the writing.

There is a copy with and without the bee depending on the age of the pupil you are working with.

[Click here](#) to download the PDF.

GROUNDING WITH YOUR FIVE SENSES

What can I see 5 THINGS YOU CAN SEE		SUN PICTURE ON THE WALL PEOPLE WALKING
4 THINGS YOU CAN FEEL		WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
3 THINGS YOU CAN HEAR		BIRDS CHIRPING CLOCK TICKING CAR HORNS
2 THINGS YOU CAN SMELL		FOOD FROM THE CAFETERIA LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
1 THING YOU CAN TASTE		MINT Breakfast TOOTHPASTE



Mindfulness Rainbow Walk

What can you see that is:

- Red
- Yellow
- Blue
- Green
- Orange

Write what you see in each colour of the rainbow



elsa.org.uk

Relax

This means let your muscles in your body relax and you let your mind relax too. Sometimes if you work on relaxing your mind it helps to relax your muscles. Sometimes if you work on relaxing your muscles it helps to relax your mind.



- Read a book - when you escape into a good book it can feel very relaxing
- Watch a movie - like reading a book it can feel relaxing to watch something you enjoy.
- Take a walk or do some exercise (you will feel more relaxed afterwards)
- Focus on your breathing - slow it down, try **7/11** breathing which means breathe in for the count of **7** and out for the count of **11**
- Be creative and try drawing, painting or mindful colouring
- Spend time watching nature. It might be through your window at the moment or if you have a garden or yard you could sit quietly and just watch. You could use a camera to take photos.
- Listening to music can be very relaxing
- Draw your happy place and imagine it when you are feeling tense
- Flop on a beanbag, cushion or on your bed
- Try a mindful walk - what can you see, hear, feel, taste or smell?

I can relax by

1

2

3

4

Our mums and dads will be really pleased if we occupy ourselves and plan our days properly. We can write our plan down at the beginning of the day and then try and stick to our plan. It might look like this.....

- Get up, get washed and dressed.
- Write our plan for the day
- School work
- Snack then play outside in the garden or yard for a bit
- School work
- Lunch then play outside in the garden or yard for a bit
- Craft activity
- Snack then play outside in the garden or yard for a bit
- Listen to some music, dance or play an instrument
- Tea time
- TV or computer time
- Read a book or listen to a story
- Supper and bed time



From a young child's Perspective...

- I feel **safe** when... I can rely on you to meet my need consistently, and when you greet me with a warm and loving smile every day.
- I feel **confident** when... you praise me for my efforts and encourage me to keep trying when I'm learning something new.
- I feel **heard** when.. you look me in the eyes, tune into my thoughts and feelings or notice the things I'm looking at or pointing to in the world
- I feel **secure** when... I know what to expect in the day, and when we cuddle up to talk, read and sing together.
- I feel **happy** when... when we play games and do fun activities, laugh and act silly together, and share fun stories.
- I feel **calm** when... I am in a warm, nurturing environment and cuddle when I need to be comforted.
- I feel loved when... you take care of my needs, hug me often, use gentle words, and show care and patience.

General Wellbeing Knowledge

[My Hero is You, Storybook for Children on COVID-19.pdf](#)

Link to story book released by WHO and other agencies that aims to help children understand and come to terms with COVID-19.

NHS - Coronavirus for kids

<https://www.youtube.com/watch?v=iMR3WPCRuAI&feature=youtu.be>

An article written by Ruth Swailes on working with EYFS children during this time:

<https://family.co/blog/covid-19/parents-eyfs-home/>

Storytelling

Storyhouse will have an 11am family story and a 6pm story (or poem, or excerpt) read for you by a familiar face each day.

www.storyhouse.com