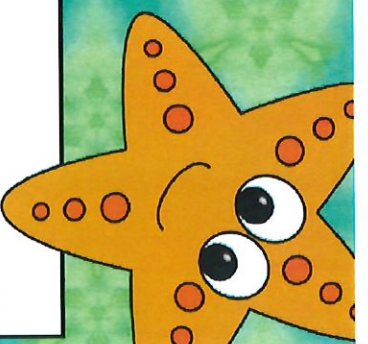




ELSA Support June Wellbeing Calendar

www.elsa-support.co.uk



1 Find some pebbles and with some paints or sharpies make your own worry stones. You can make them look like worry monsters

2 Make some hearts and write messages on them to give to people instead of hugs

3 Start today and for one full week take a photograph at the same point or place on your daily walk. What changes each day do you notice?

4 Make an A-Z of things that make you laugh

5 Learn some origami. What can you make out of one sheet of paper?

6 Use a tutorial online if possible or ask an adult to help you draw something simple step by step

7 Do some exercise to really get your heart beating. Then get an adult to help you find your pulse on your wrist. Feel your heartbeat until it slows right down

8 Try doing something different today to what you normally do. If you are right handed then see if you can write or draw with the other hand. What do you notice?

9 Have a bake off competition in your house where everyone has to choose something to bake or make for an afternoon tea

10 Learn a poem or a joke off by heart and get an adult to video you or stand in front of a mirror and recite the poem or joke. How do you feel about your performance?

11 Make a sensory bin or box and put things into it that feel good. It might be a soft toy, a smooth and shiny pebble. You choose!

12 Make a bookmark for your book today. Write a positive message on it

13 Draw a big star and then write or draw your talents inside it.

14 Make a 'things you want to do after lockdown' jar and fill it full of all the things you want to do

15 Try some mindful colouring but only using 3 colours. Notice how you need to concentrate more.

16 Design a new emoji. Draw a big circle and then decide on what your emoji will represent

17 Make a paperchain and write down things that relax you on each link

18 Draw a picture of someone you really admire

19 How would your family describe you. Draw a picture of yourself and ask all your family members to give you words that describe you. Write them down around your picture

20 Have you ever done a good deed? Write or draw about it

21 Write on the top of a big piece of paper 'Today is a good day... write or draw why it is

22 Photograph flowers today. How many different flowers can you find to take photos of? How are they all different? Which do you like best?

23 Notice everyone in your houses facial expressions today. Does everyone look happy? Sad? If they look sad can you cheer them up?

24 Think about something you succeeded at today. Write or draw about it. How did it make you feel to succeed at something?

25 Make a musical instrument today. Anything that makes a sound that you like. Can you make some music?

26 Think about a skill you want to learn. Make a goal and write it down. Plan how you can achieve it. If you write your goals down they are more likely to be achieved

27 Use an empty cereal box and create something. You choose! Use your design and creative skills.

28 Make a healthy lunch box today for your lunch. What could you put in it that would be healthy and tasty? Eat it mindfully and notice all the tastes and smells.

29 Send a video message or text to a friend today. What do you want to tell them?

30 Be organised today and see if you can organise and tidy your bedroom