

Feel Good Friday



Feel Good Fridays!

Each Friday, have a go at one or two of these activities which are designed to make you feel good inside. Email what you have done into school using feelgoodfridays@monkshouse.lincs.sch.uk so that we can share in your achievements. When emailing in, please make sure you tell us your name and class so we know who the great work has come from.

Write a letter or postcard to friend or family member you haven't seen in a while explaining what you would like to do with them when it is safe to meet up.

What do you like to do to relax? Take some time out and try out your relaxation techniques for ten minutes or so. Try some of the relaxation techniques on https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html?solid=EAIaIQobChMIvdCt7J2b7gIVCurtCh1fcwNkEAAYAyAAAEgKffPD_BwE

Reflect on what has been a really positive experience this week. Draw or write about this positive experience.

Create a post-lockdown jar of things to look forward to when this is all over.

Delve into the history of your family and create your very own family tree. Display your work in whatever way you would like, but some examples can be found at <https://freefamilytreeexamples.com/family-tree-for-kids/>

What are your best qualities? Create a poster sharing all the amazing things about you (if you get stuck for ideas, perhaps you could ask friends and family members.)

Take part in some calming yoga sessions following <https://www.youtube.com/watch?v=X655B4ISakq&safe=active>

Draw a picture of your very own worry monster. What qualities would it have to help you resolve any worries or anxieties that you may have? Talk to this picture when you feel worried about something.

Take time out to learn a new skill ...this could be a sport, craft or learning to play a musical instrument.

The best medicine is laughter so share your favourite jokes with your family, and then send them into us to help make us laugh!

We all love to get a compliment or two Write compliments for your friends, family or even your teachers at school. We will be sure to pass them on.

What are you grateful for? Create a list or a poster to share all of the things that you are grateful for in your life.

Create a rainbow poster to display in your window at home to say a big thank you to all the key workers.

Go out on a rainbow hunt in your neighbourhood (whilst out on your daily exercise). Perhaps you could keep a note of the addresses where you spot rainbows.

Have a think about all the people that are there to support you. This could be friends, family members or people who always cheer you on. Create a poster to celebrate these amazing people in your life.

Show someone who loves you a random act of kindness ...perhaps you could draw them a picture, make your/their bed for them, write them a note to say how much you appreciate them. To make it even more fun, perhaps you could do it in secret without them knowing it was you!

Share a skill with us that we didn't know you already hadthis might be singing, painting, playing a musical instrument, being amazing at keepie-uppies or something else. Take a photo or short video and send it in to us.

Set yourself a mini goal or challenge for next week and think about steps you can take to achieve it. Write this down and then review it next week. Remember to share your achievements and successes with us.

Have a think about a place that makes you happy. Draw a picture of it and send a picture of it in to us. Think about why this place makes you feel so happy and calm. Keep that image in your head so that you can visit your happy place whenever you feel upset or worried about something.

Music is the best medicine, so turn up the volume and listen to your favourite tunes and create a dance or picture that represents how you feel when you listen to the music. Send in your short videos or pictures for us to see.

Try a new craft - perhaps something you haven't tried before. Some ideas can be found at <https://www.thebestideasforkids.com/craft-ideas-for-kids/> Send us a picture of some of the things you have created.

Try out some mindfulness colouring. These can be printed from <https://www.snapfish.co.uk/blog/free-printables-try-a-mindfulness-mandala-colouring-page/>

Read the following story

https://issuu.com/sophie_marshall/docs/stay_home_superheroes

then create your very own super hero costume. Send in a picture of it to us.

Tell us about your favourite memory - write down what you can remember in as much detail as possible.

If you could spend one day doing anything you want, what would you do? Draw a picture to show us what you would get up to.