

# *jenby's* in schools

# Activity book



By Dr Natalie Jewitt

JENBY'S | [WWW.JENBYS.CO.UK](http://WWW.JENBYS.CO.UK)

Looking after mind and body

Expressing your feelings

Managing difficult feelings

Relaxation tools

Staying connected

Activities

## Looking after our mind and body:

We know that many of the things that are good for our body like healthy food and exercise are also good for our minds - they help us feel good:

What are the key things your body and mind benefits from?

e	f	r	e	a	x	c
J	x	i	k	e	e	o
f	q	e	f	l	i	o
r	u	n	r	a	a	n
u	v	d	u	c	o	p
i	f	u	n	e	i	o
t	o	w	a	k	s	t
w	a	t	e	r	t	k

exercise	<input type="checkbox"/>
fruit	<input type="checkbox"/>
relax	<input type="checkbox"/>
water	<input type="checkbox"/>
run	<input type="checkbox"/>
walk	<input type="checkbox"/>
connect	<input type="checkbox"/>
fun	<input type="checkbox"/>

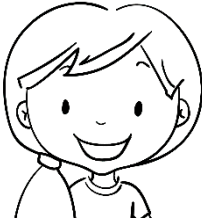
Are there 3 things you can do whilst you are off school to keep your mind and body healthy?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# My feelings:

What feelings have you felt today? - Remember you can feel lots of different feelings at the same time.

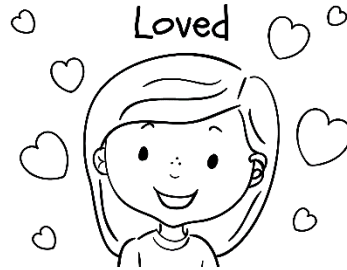
Happy



Sad



Loved



Lonely



Excited



Angry



Relaxed



Disappointed



Annoyed



Scared



Proud



Bored



Other feelings:

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\*\*\* You can share this sheet with your grown-up to let them know how you are feeling. \*\*\*

## Creating a post box:

Sometimes we can find it difficult to share our thoughts and feelings why not make a "post box" with your grown up. You can use it to post notes to each other. You could also post your "my feelings" sheets in there:

- What you will need:
- A box
- Some craft materials
- Scissors
- Tape



### Steps:

1. Make a slot in your post box big enough to fit a letter/notes through
2. Make sure you have a section at the back that opens so your grown-up can take the notes out
3. Decorate your post box using any craft materials you have
4. Agree a place where your post box will go - somewhere both you and your grown up have access to

Now just post things in as a when you need to 😊

## Calming / Soothing box:

With your grown-up think of all the things that could go in your calming box:

Things you can feel:

Things you can taste:

Things you can see:

Things you can hear:

Things you can smell:



### Instructions:

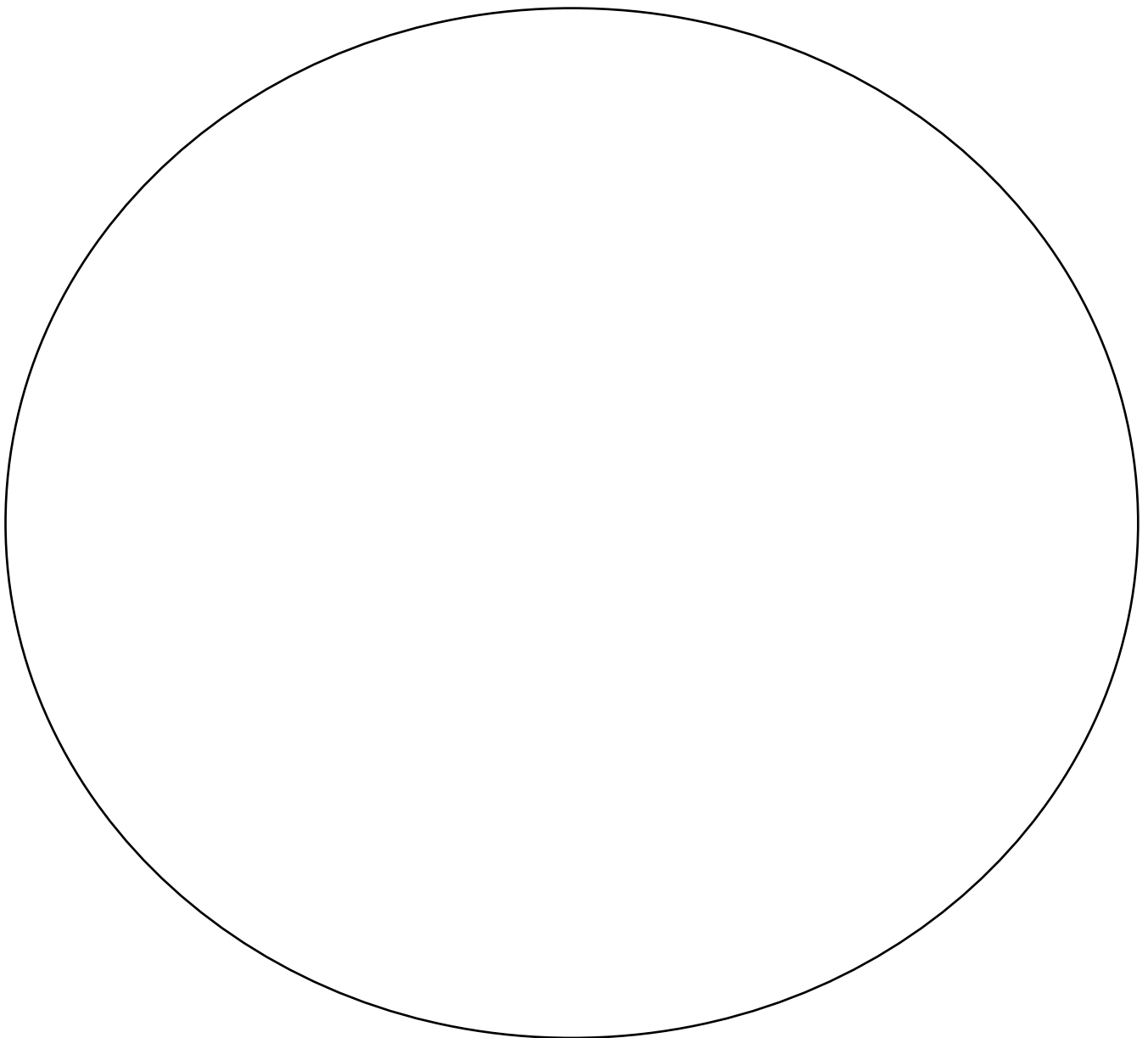
1. Find an empty box that is no longer needed - a shoe box works well!
2. Decorate it with whatever craft materials you have
3. Fill it with things that help you feel calm and soothed
4. Put your box somewhere safe and use it whenever you feel you need to

## Changes that have happened

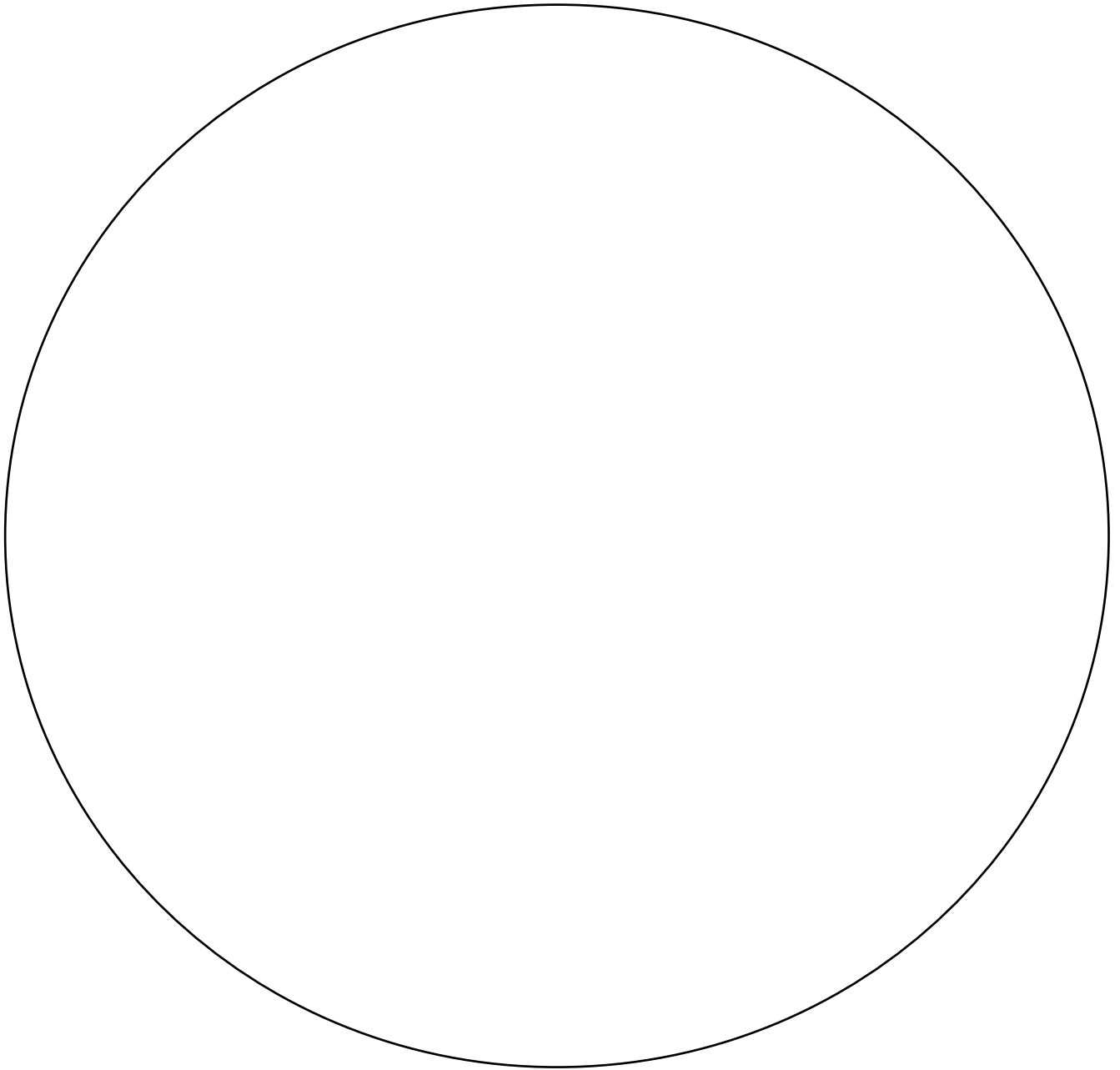
There has been a lot of changes going on for all of us - schools have closed for now; we are spending most of our time at home and we aren't seeing all the people we used to see every day.

Some changes may feel good and some may feel bad. Complete this activity with your grown-up:

1. Draw /write in the circle below some of the changes you are finding difficult:



2. Draw / write in the circle below some of the good changes that have happened since school closed:



\*\*\*Talk through both your circles with your grown-up. Perhaps your grown-up can share what they would put in each circle \*\*\*



## Growing potatoes - March / April planting

This is a great activity to do with your grown up. As you watch it grow over the coming weeks/months it will remind you how things are always changing, and things will be back to normal soon!

All you will need is:

Potatoes,

Soil

Pot



Instructions:

1. In March - beginning of April find a few potatoes that have got about 2cm sprout on them
2. Fill a large pot with soil or find an area in your garden (check with your grown up first!) You can use anything you have even a bucket - it just needs to have drainage holes
3. Make 7-15cm deep hole where you want the potatoes to go
4. Put the potatoes in the holes with the sprout facing up
5. Cover with at least 2.5cm of soil. If planting more than one, make sure you leave around 30cm space between each potato
6. When you have around 20-30cms of growth you may need to turn the soil slightly to leave only around 10cm out (this stops you getting green potatoes!)
7. Dig potatoes up around June/July - make a delicious tea!

\*\*\* You can also do this activity with seeds \*\*\*

# Everything changes

## Instructions:

Everything changes from flowers to the weather. Some changes are big and some are small. Some may make you feel happy and some may make you feel sad; and that's okay.

## Task:



- Look around you and see if you can spot all the things that change.
- Some things change second by second, like a clock
- Some things may change hour by hour, like the weather
- Some things change depending on the season, like trees and plants.

Can you list 3 things that you can see that change:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

\*\*\*When you are finding things difficult remind yourself that this is not forever, things will go back to normal again soon\*\*\*

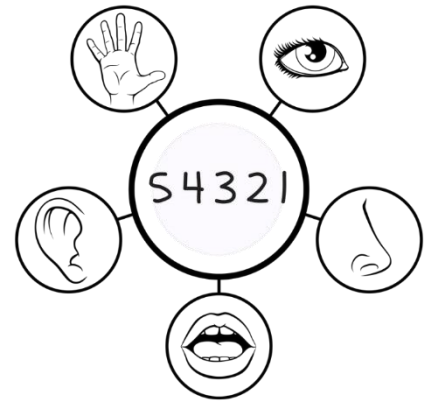
# Calming tool to try: 5, 4, 3, 2, 1

When your feelings are getting BIG try out this relaxation tool:

## Instructions:

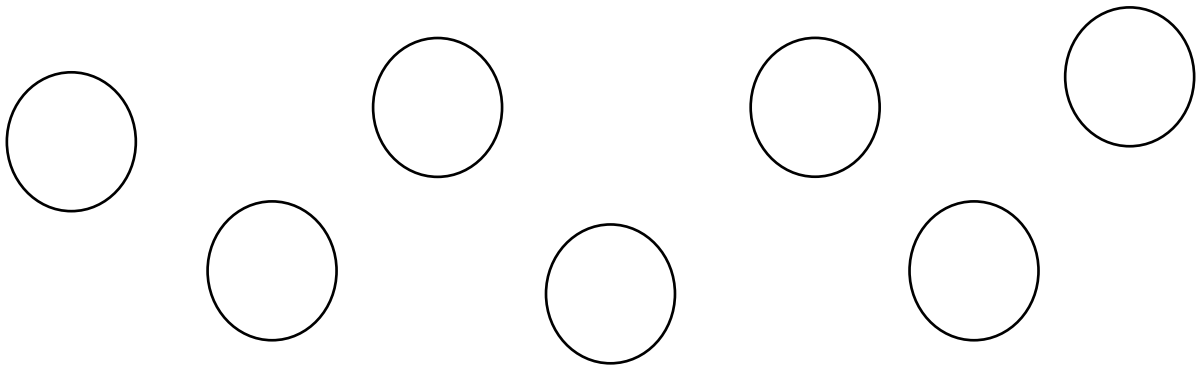
Stop for a few minutes and focus on:

- Five things you can see
- Four things you can hear
- Three things you can feel
- Two things you can smell
- One thing you can taste



## Challenge 1:

See if you can practice this new tool once a day when you are feeling calm and relaxed. Draw a tick on the 54321 symbols below or colour one in every time you practice 54321:



## Challenge 2:

Could you teach someone else this tool, maybe your parent / carer or brother, sister, friend?

If you showed this tool to someone else write their name or draw them below:

## Pizza breathing exercise

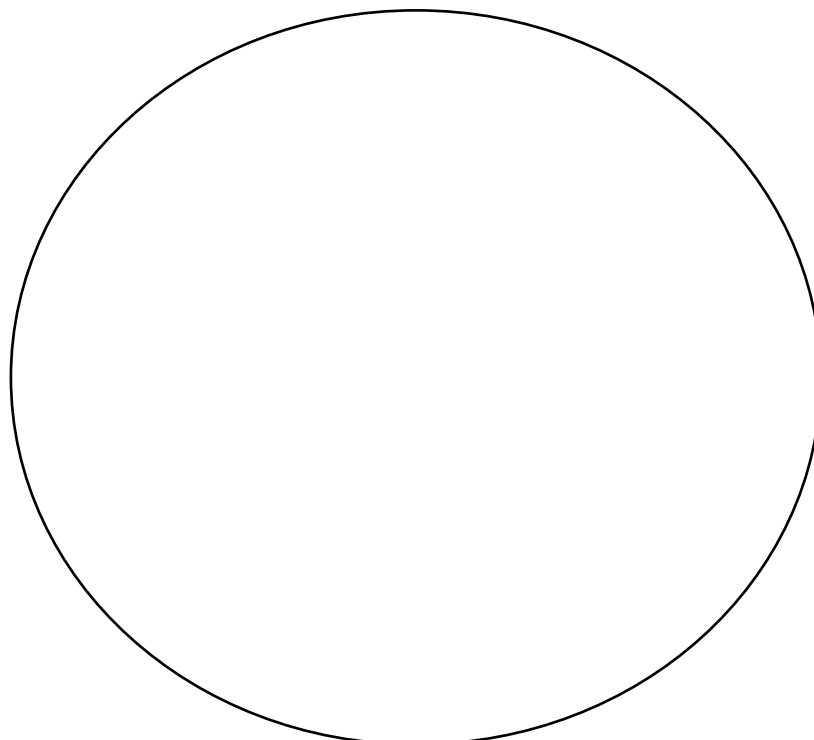
When we experience big feelings, it can be helpful to do this fun breathing exercise to help calm our bodies and minds.

What is your favourite pizza topping? Tick a box:

- Margherita
- Ham and pineapple
- Pepperoni
- Other \_\_\_\_\_



Draw and colour your favourite pizza below:



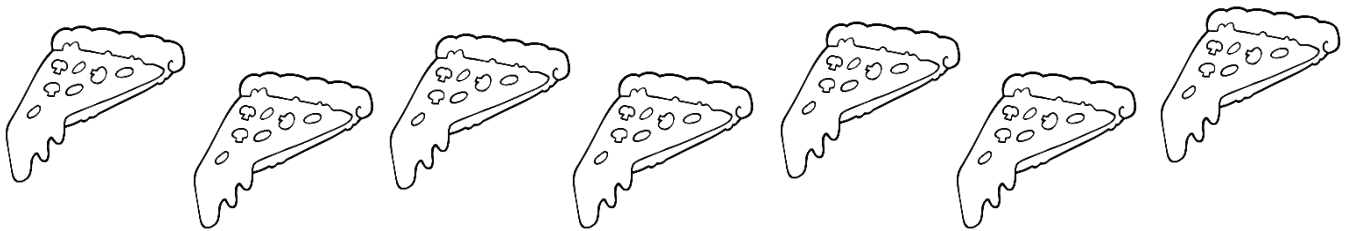
## How to do pizza breathing:

Practice this first when you are feeling calm and relaxed. Once you know what you are doing you can try it when you start to feel big feelings:

1. Pretend you are holding a piece of your favourite pizza!
2. Smell your pizza with one big deep breath in through your nose
3. Pause for a moment then...pretend it's too hot
4. Now breathe slowly out through your mouth as if you are cooling it down
5. Repeat

### Challenge 1:

See if you can practice this new tool each day this week. Remember practice when you are feeling calm and relaxed first. Draw a tick on the pizza or colour one in every time you practice this new tool this week:



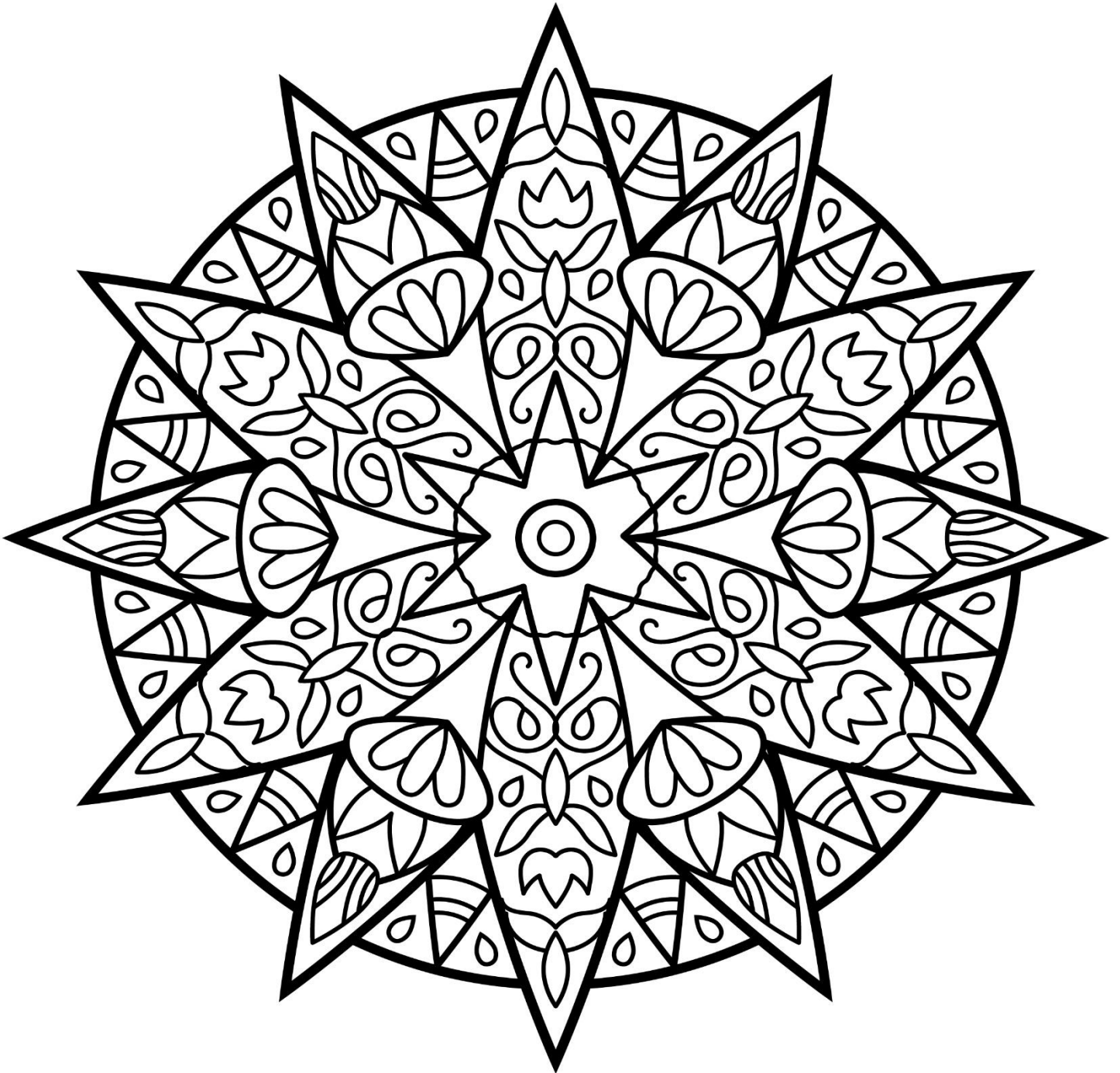
### Challenge 2:

Could you teach someone else this tool, maybe your parent / carer or brother, sister, friend?

If you showed this tool to someone else write their name or draw them below:

## Mindful colouring task

Taking some time out to colour can help you to feel more relaxed and refocus. Give it a go by colouring the pattern below:



## Make your own calming jar

Tools needed: Plastic jar, glitter, hot water (grown-ups help needed) and clear glue. Optional: Food colouring & sequins.

### Instructions:

1. Fill your jar 2/3 full with warm water
2. Fill it almost to the top with clear glue
3. If you are using food colouring put a small dot in to the mixture
4. Mix until you are happy with the colour
5. Next, choose 2-3 glitters and add a spoon of each to your jar
6. If you have them add the sequins now
7. Then, screw the lids on tightly and shake!
8. You may want to put some tape around the edges to make sure it doesn't leak!



### Using your calming jar:

- The jars can now become a tool for the children to use when they would like to feel calmer and more relaxed.
- They will need to shake the jar, take a couple of deep breaths and watch all the glitter and sequins swirling around until they all stop and sink to the bottom.

\*\*\* You can find a video of this activity on Jenby's Facebook page \*\*\*

## Wish jar

There are probably lots of things you would like to do now that are not possible, like going to the cinema, going swimming or even going on holiday! Why not make a wish jar and every time you think of something you would like to do, but can't right now, write it down and put it in your wish jar. Soon things will be back to normal and you can look through your jar and choose something to do each week (with your grown-ups permission!)

All you need is:

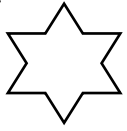
- A jar
- Craft materials to decorate it
- Wish tokens (you can make these or print the next page and cut them out)



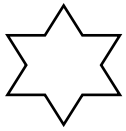


# Wish tokens

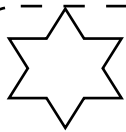
You can cut these tokens out and use them with your wish jar:



When everything goes back to normal, I would like to:



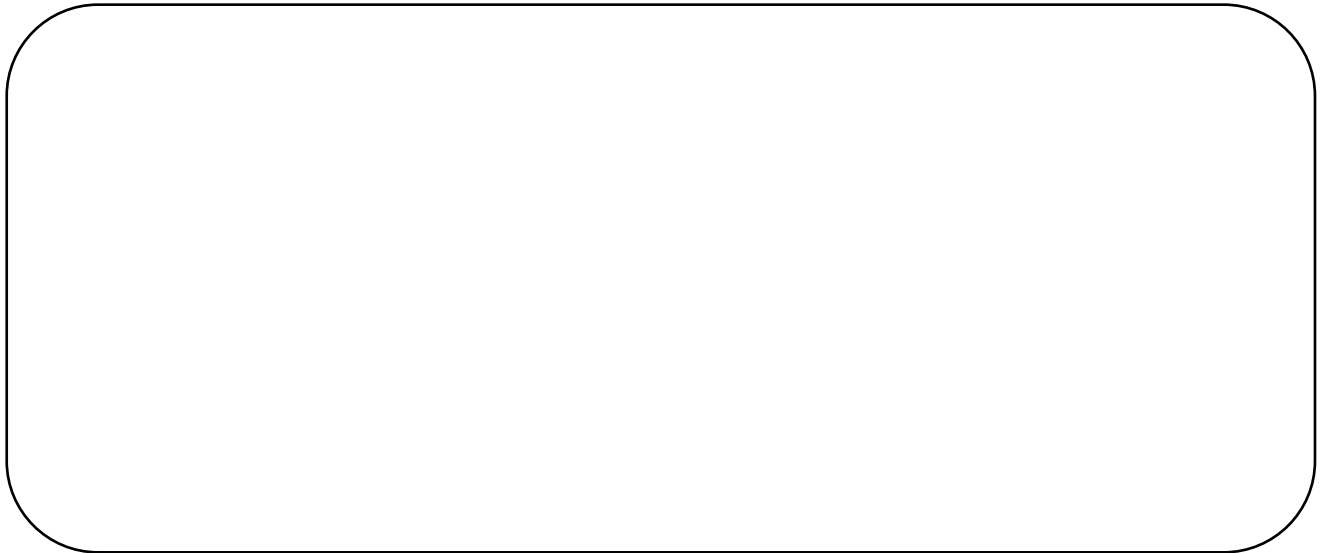
When everything goes back to normal, I would like to:



When everything goes back to normal, I would like to:

# Staying connected

Whilst you are staying at home you may be missing seeing your friends and family members that don't live with you. Draw pictures or write the names of the special people you are missing:



When we are missing people, we may feel:



Circle or colour any feelings you have felt when you are missing your special people - remember you can feel lots of different feelings at the same time.

Although you will be missing seeing people right now remember there are lots of ways that you can stay connected.

Could you:

- Write a letter
- Draw a picture
- Video call
- Speak on the phone
- Make them a card



Think of three people you are missing and write one step you can take to stay connected to them:

The special person I am thinking of is .....

I am going to stay connected to them by .....

.....

The special person I am thinking of is .....

I am going to stay connected to them by .....

.....

The special person I am thinking of is .....

I am going to stay connected to them by .....

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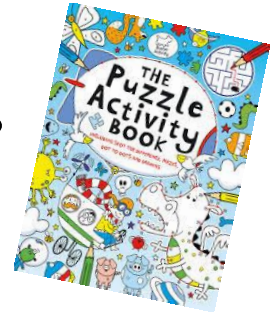
## Jenby's in schools - competition

Would you like to win a fabulous puzzle book and Jenby's rainbow pencil? If so, make sure you enter our competition below:

What you need to do to enter:

Using an A4 piece of plain paper

Think about the things that have helped you manage the changes over the past few weeks and find a way to share this with others children.



You could do this by:

- Designing a poster
- Drawing a picture
- Writing a poem
- Writing a story
- Making a comic
- Writing a song



Rules

Get your grown-up to email your entry to xxxxxxxx email address:

xxxxxxxxxxxxxxxxxxxx

All entries need to be sent by:

9am on Friday 10<sup>th</sup> April 2020

This booklet has been produced by Dr Natalie Jewitt

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Website: [www.jenbys.co.uk](http://www.jenbys.co.uk)

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