

## Ideas for Schools



Invite your children to do an activity that they love which perhaps they feel expresses themselves best.

### This can be anything!

Dancing, baking, singing, drawing, painting, crafts, sports or exercise, going to the park, gymnastics, playing with pets, gaming, watching TV...

Whether your children are in school or at home **everyone** can take part.

**KIPSY** loves to hear about children's feelings, so please invite your children to share with you and **KIPSY** what they did and how it made them feel.



### Ideas of how to share their feelings:

**Early Years** – Draw or paint a picture of themselves doing their activity, or a picture of their face showing how it makes them feel. It may be that currently they can't do their favourite thing, so they could still make their picture of what they like to do, or a picture of their face showing how it feels when they *can't* do their favourite thing. Can the pictures made at home be sent into school? Emailed perhaps? Make a display of your classes' pictures.

**Other Year Groups** – Drawing or painting can still be the task. Other ideas are writing a postcard to **KIPSY**, sharing what they did or couldn't do and how it made them feel.

Or write a letter to **KIPSY** ... It's important that children know they can write about any uncomfortable feelings they may have because they can't do the things they like right now. They should be encouraged to write about **all** their feelings during the current lockdown.

With older children, maybe ask for them to share with **KIPSY** one thing they **can** do at the moment that they like, explaining how it makes them feel, as well as one thing that they **can't** do at the moment, and how that makes them feel.

With the children who have received the **Shield of Resilience** workshops, ask them to include resilience skills/words that they can use to help them when they can't do what they love at this time, what words they can say to themselves to keep going?

If you are able to collate these postcards and letters, maybe create a display. You could call it "Sharing Feelings With **KIPSY**" or "**KIPSY** helps us to communicate our feelings."



## Happy Brain Ideas

Over the first lockdown, the Making Me team has further developed the **Shield of Resilience** workshop to now include **Happy Brain Ideas!**



Whilst we live in a time when we can't do all the things we enjoy, and see all the people that we love, we can **use our brain to think about the things that make us feel happy**. Maybe the children can make a display of Happy Brain Ideas?

### Supporting your children's mental and emotional wellbeing

*Share with your children and their families that our brains are very clever, and that exercise makes our brain release special chemicals which can make us feel happy. If they can, ask them to try to go for a walk each day or if they have a garden, they could go outside to play for a while.*

Why not have a **"COLOURFUL KIPSY DAY"** and encourage everyone to dress in something colourful? Or how about a "Dress to Express Yourself Day?"

Would it be possible for your parents to send in a photo of their child on this day by email or text? Can you make a collage of these photos to share with your children on a secure platform? It could be a lovely way for your class to see each other joining in. Or can you organise a Zoom time to see each other?

Have Some Fun!

### Extension Activities

**1. The children can draw a picture, or write a letter or postcard for:**

- Someone they care about who they can't see at the moment
- Someone they know who is shielding or isolating
- Someone they know who lives on their own

In the picture, postcard or letter, share what makes them happy and what they find tricky at the moment. They could share their "Happy Brain Ideas" and ask the other person to share their thoughts and feelings with them.

### Supporting your children's mental and emotional wellbeing

*Using **KIPSY** to encourage children to communicate their feelings and emotions – either by speaking, drawing or writing – has shown to help develop empathy. This activity helps to build on this.*

**2. Make a "My Smiley Feelings Pot"**

Ask the children to find strips of paper, labels or whatever they can find, and write a **"Happy Brain Idea"** on it; how many ideas can they think of?

Do the same for activities they love to do that they **are** able to do at the moment; think of as many as they can.

Can they make or find a pot, box, jar or bag where they can store the strips of paper? Take a moment each day to take a piece of paper out of the pot. If it's an activity, can they ask their parent or carer to agree a time to do the activity? If it's a **"Happy Brain Idea"** they can make it into a **KIPSY Calm** moment. They can take big breaths and enjoy thinking about their idea.

On a different piece of coloured paper, or using a different pot, they could write down things they **plan** to do when restrictions allow. How many things can they think of? Maybe they can make a pot of things to do for their **whole** family so everyone can add their ideas?

Does anyone else in their household want a "My Smiley Feelings Pot?" Perhaps the children could help them to make one?

## Extension Activities Continued...

### 3. Extension on this...

Can they think of things they could do for others in their family, or maybe a neighbour or someone living on their own. Can they think of something that might make them smile? Is it possible for them to carry out their idea?



### Supporting your children's mental and emotional wellbeing

Share with your children and their families that, just like exercise, doing something to help others tells our brain to release happy chemicals!

### 4. Activity for those in school:

Make a class or school display of **KIPSY'S** oak tree home. Using the leaf templates provided, ask your children to write on their leaf something they **can** do at this time that makes them happy. Also ask them to write on a leaf something that they **can't do** now. Be sure to include how that makes them **FEEL**.

Older children might like to fill in a "Mixed Feelings" leaf too. We want to remind them that *it is normal* to be feeling different emotions.

If you want, you can use different coloured leaves for the things they *can* do and those they *can't*. Nestle KIPSY at the bottom of the tree, and please do send us a photo of your display!



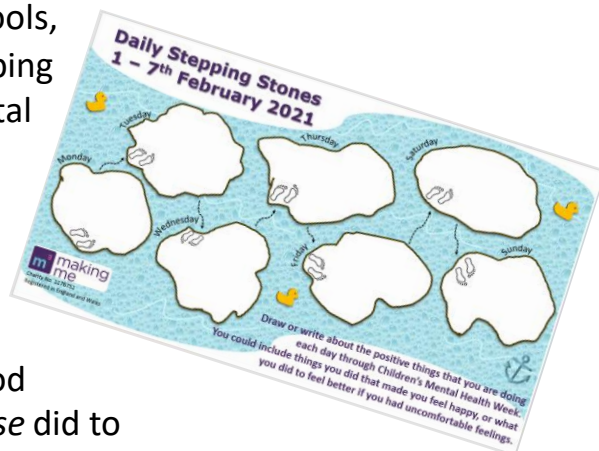
## KIPSY's Feelings Oak Tree

### 5. Activity for those at home or at school:

Following on from **Making Me's** last Letter to Schools, children can also have a go at filling in their own stepping stones activity sheet. For every day of Children's Mental Health Week, they can write out the positive things they are doing to help them throughout the week.

These could include things that:

- made them feel happy
- helped them feel better when they didn't feel good
- they did to help others, or something *someone else* did to help when they found something difficult.



Have  
A Wonderful  
Week!