

Life at home

Activities to help understand your emotions in lockdown

Written by Molly Potter

About Molly

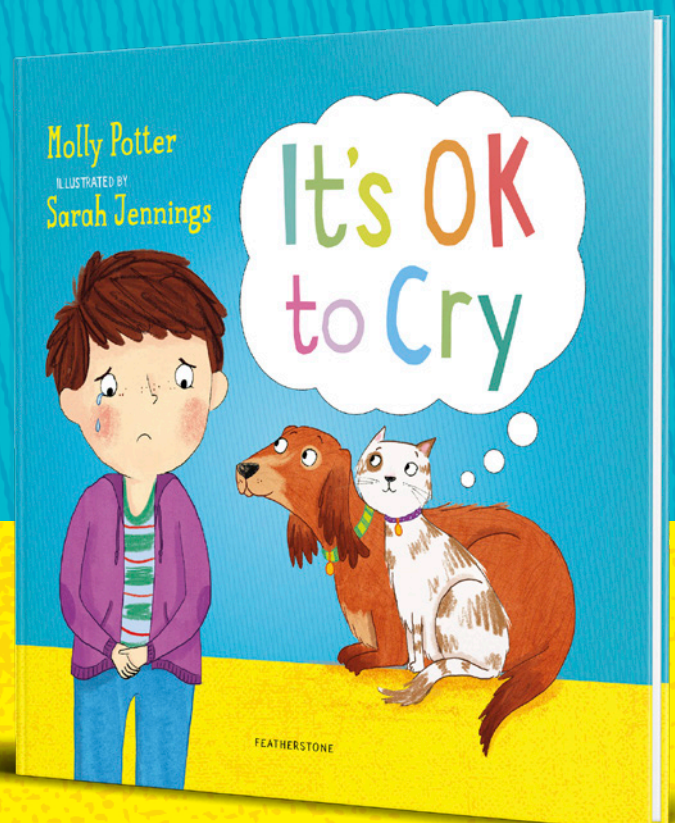


Molly Potter taught for 11 years in middle schools as a class teacher, science and PSHE co-ordinator. She then worked for several years as an SRE (Sex and Relationships Education) Development Manager, delivering teacher training and supporting primary schools in the development of their SRE programme and policy and many other aspects of PSHE. Molly now works as a teacher in a short-stay school with children that have been, or are at risk from being excluded from mainstream schools – putting much of her PSHE expertise into practice.

Young children can find it really frustrating when they are unable to articulate what they are feeling and express their emotions. Cue: this book!

Written with boys in mind because they are often encouraged to suppress their feelings, Molly Potter covers a whole range of emotions from those that are uncomfortable to happy feelings where you care about yourself and other people.

Perfect for starting those all-important conversations, *It's OK to Cry* includes colourful illustrations, child-friendly strategies and vocabulary for managing feelings, and helpful notes for parents, carers and practitioners.



Activities for fun and reflection during lockdown

Name: _____

The village/town/city which you live in: _____

The county you live in: _____

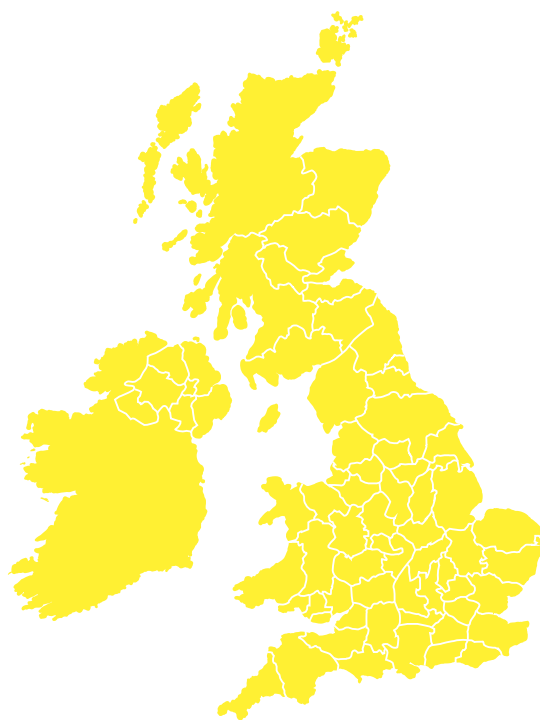
The country you live in: _____

The capital city of that country: _____

The continent you live in: _____

The hemisphere you live in: _____

Can you put a dot on the place where you live on this map of Britain?



Tick the activities you have done since lockdown:

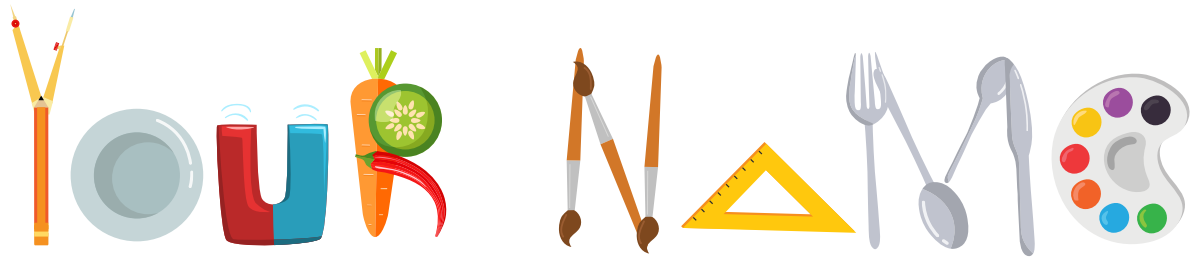
Watched a film		Tidied a drawer	
Helped cook a meal		Tried a new food	
Given someone a compliment		Made a phone call	
Read a whole book		Given someone a hug	
Fallen asleep on the sofa		Had a delivery in the post	
Drawn a picture		Stared out of the window	
Seen blossom on a tree		Been to a park	
Waved to someone outside		Made your bed	
Tidied your room		Got irritated	
Eaten pizza		Made up a new game	
Made a video call		Moaned about being bored	
Done something kind		Done some colouring in	
Had messy hair		Played a board game	
Written a list		Missed school at all	
Found something you lost		Written a letter	
Done a jigsaw		Walked a dog	
Drunk some orange juice		Laughed at a joke	
Felt the sun on your face		Eaten a yoghurt	
Been for a cycle ride		Daydreamed	
Heard the post be delivered		Made a cake	
Forgotten what day it is		Grown too big for your shoes	
Listened to music		Felt lazy	
Done a wordsearch		Worn odd socks	
Made a collage		Taken a photo	
Stayed up really late		Cleaned something	
Looked in a mirror		Planted a seed	
Got up early		Gone for a long walk	
Painted something - wall/picture		Found a favourite TV show	
Sat quietly		Drunk a milkshake	
Cried		Eaten peas	
Listened to the radio		Played hide-and-seek	

Since you have been at home ...

What's the best meal you have eaten?	
Is there anything that you do the same time each week?	
In which room have you spent the most time?	
What have you missed most from life before lockdown?	
Have you done any of the following?	
... hoovered	
... washed up	
... cooked a meal	
Have you learnt how to do anything new? If so what?	
Have you clapped for the NHS workers?	
What activity or activities have made you happiest at home?	
Have you been to the shop with a grown-up?	
What have you liked best (about being at home)?	
Think of question that you have asked an adult.	
What time have you been going to bed?	
Have you bumped into anyone you know in the street?	
Name something you have done every day.	

A word made out of objects

See if you can write a word using objects that you find around your house. You could try writing your name or for a trickier challenge, the word 'Housebound' like this ...



Plant people

Next time you go out of the house collect some leaves and twigs. When you return home, using scissors only, create some different plant people. Here are some examples for ideas.



Kindness in your house

One of the unusual things about lockdown is that most families are having to spend more time together indoors. This can sometimes mean people get irritated or annoyed with each other more than they usually would. One thing that could make everyone smile would be to do something kind that would be a really nice surprise for the other person or people you live with. Here are some ideas. When you have done something kind, write up a report about what you did.

As an act of kindness you could:

- Offer to do a job you don't normally do (e.g. wash up, clear the table, set the table).
- Take someone a small treat (e.g. a cup of tea if you know how to make one, a biscuit, some chocolate).
- Make someone a compliment card (fill it with things you love about the person).
- Make a point of saying something nice about something you normally don't comment on – like dinner.
- Give someone a big hug and tell them how much you love them.
- Tidy up a messy space (e.g. where the shoes are, fold some towels etc.).

What was the kind act you did? _____

How did the person respond? _____

How did you feel when you did the act of kindness?

Household scavenger hunt

Hunt for ... (and then write what it is or draw it in the box)

Your favourite thing to eat in the fridge right now	A book title (and then put it in a sentence)	A toy you no longer play with
Something orange	A picture of a face	Something spotty
A question mark (?) written somewhere	A flower – real, drawn or a picture in a book)	A triangle
Something that has your favourite and least favourite colour on it (it can have other colours too)	A yellow food	Something that makes two different notes when you tap or hit it in different places
Three things that are the same	Something spherical (round)	Something that will stain this square red or green

Time for an interview

Find someone in your house and interview them. Write their answers down.

1) What words would you use to describe lockdown?

2) Do you think there has been anything good about lockdown and if so, what is it/are they?

3) What activities have you enjoyed most while being in lockdown?

4) What have you missed most while being in lockdown?

5) What will be the first thing you want to do when lockdown is over?

Out of the window

Open a window and poke out your head. List all the sounds you can hear in the next ten minutes. (e.g. the wind, people talking, a car, a bird)

Which sound was the loudest? _____

Draw a picture of what you can see out of your window.

Out of the window

Draw a picture of what you would like to see out of your window if you could choose anything (e.g. a desert island, a theme park, mountains, etc.). You could also have a go at designing the curtains you'd really like.

When lockdown ends

Draw a picture of something you would love to do as soon as lockdown is over.

More, less, the same or not at all!

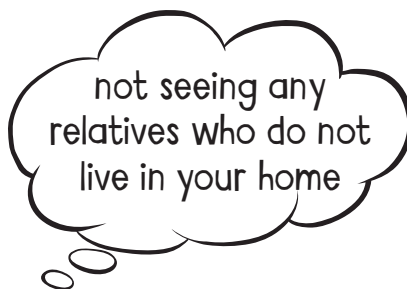
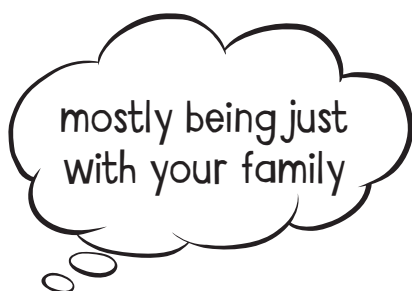
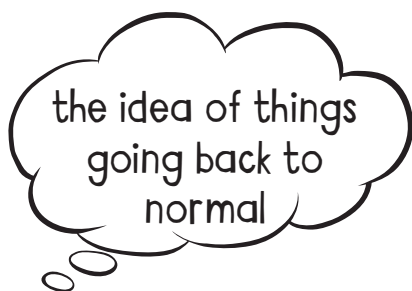
Consider each of the following things and decide whether during the time in lockdown you have done each thing more, less, the same amount as before lockdown or if you have not done it at all. Tick the appropriate box.

	MORE	LESS	THE SAME	NOT AT ALL
Watched films				
Exercised				
Did things you really enjoyed doing				
Gone for walks				
Felt calm				
Talked to friends by phone, over the internet, etc.				
Gone to bed late				
Slept				
Spent time doing things with people in your family				
Been helpful in the house				
Visited a park				
Thought about the news				
Sung songs				
Thought about your friends				
Played games on a computer				
Eating snacks				
Lost your temper				
Travelled in a vehicle				
Read				
Got up late				
Been kind				
Lying down				
Listened to birds sing				
Danced				
Made things				
Worried about things				
Smiled at other people				
Cried				

How do you feel about ...

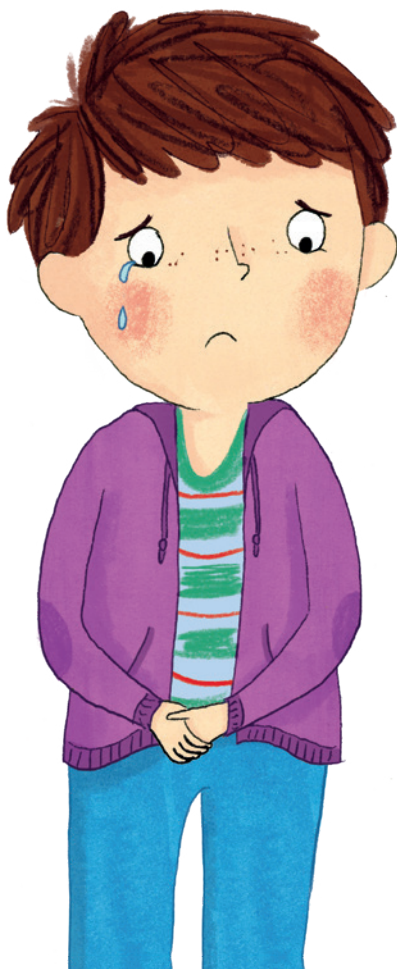
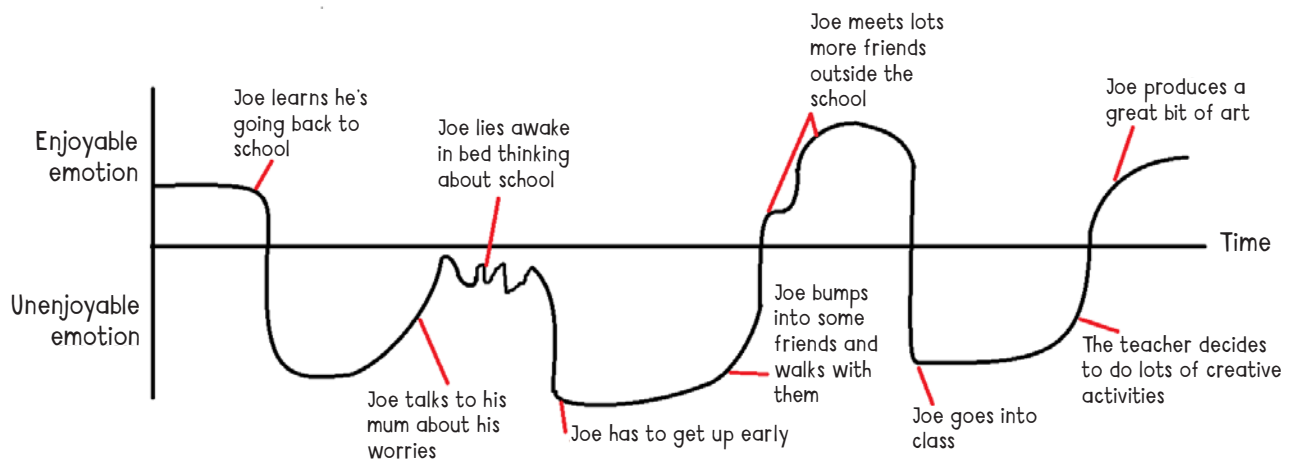
Colour the box around each of these emotions. Make sure each emotion has a different colour. Use the same colours to decorate the phrases below to show how you feel about each thing. You could decorate each phrase with more than one colour. Feel free to add more emotions.

Happy	Angry	Calm	Worried	Relaxed	Nervous
Sad	Surprised	Bored	Excited	Scared	Restless



Going back to school

There will come a time when you go back to school. You will probably have lots of different feelings about this. This time graph shows what happened to Joe when he returned to school after a break. State what you think Joe is probably feeling at each of the places that are labelled with what happened (with a red line).



What will help me feel better?

Put a big tick next to any advice or comments you think will help you feel better about going back to school.

After the break you have had, you might be surprised how much you actually enjoy using your brain again!

You could talk to someone about your worries.

Your teachers will try very hard to welcome you back gently. They probably won't make you work really hard at first.













Lots of other people will be feeling exactly the same as you do.

You will probably be tired at first because you won't be used to school and this might make it seem harder and you are more likely to feel wobbly but you'll soon get into the swing of it.

Your friends will be really pleased to see you.

The way you have felt

If you can, name something in lockdown ...

... you have worried about 	... you got angry about 
... that made you laugh 	... you looked forward to 
... you were confused by 	... you felt sad about 
... you hoped would happen 	... you found really difficult 
... that made you feel relaxed 	... that made you feel bored 
... that made you feel proud 	... that surprised you 

What do I feel grateful for?

Being grateful means you feel really appreciative and pleased about something. Write something you feel grateful for about each of the following things ...

Something I am grateful for about my home.



Something I am grateful for about my bedroom.

Something I am grateful for about lockdown.



Something I am grateful for about my family.

Something I am grateful for about the village, town or city that I live in.

