

14 DAY CHALLENGE

Parents and Teaching Staff

We have put together **another** 14 days of activities for your children. Each activity is hyperlinked to a resource on the ELSA Support website. Basically this means if you click the BLUE TITLE of each activity it will take you to a page on our website. You can download and print the activity for your children.

The activities will help your children's wellbeing at this difficult time and hopefully help to keep them occupied in a proactive and beneficial way.

These activities could also be used during holidays.

You can do them in any order or miss days out. It doesn't really matter. It is purely there for you to use if you need to.

School staff you may choose to print out some or all of the activities for the children to take home. You also have permission to email the pdf of this file to parents if you want to. You may also host this file on your websites.

♡♡Debbie♡♡

ELSA SUPPORT 14-day Home Challenge

Click the BLUE writing to take you to a resource which you can download and print.

[Design a worry monster](#)

Design your own worry monster. What does it look like? Make it as colourful as you like. Make a list of any worries you have and tell them to your monster.

[Roll 2 dice and answer](#)

A lovely activity for giving self esteem a MASSIVE BOOST! Roll the two dice and add up, answer the questions.
A bit of maths, a bit of writing and a boost of self esteem

[FRIENDS BOOKLET](#)

Everyone is missing their friends at the moment. This is a little booklet which looks at those qualities of a friend

[Starfish Story](#)

This is a lovely story and activity about making a difference. Every small act can make a difference so encourage some kindness at every opportunity.

[Happy Visualisation](#)

What does your 'Happy place' look like. Draw your happy place in as much detail as you can.

[A-Z about me](#)

Children can come up with anything at all about themselves by using the letters of the alphabet.
A- ARTY
B- Brave
C- Caring

[About me Wheel](#)

These wheels can be coloured in and then the child can answer the questions in each segment. You will need a split pin to put it together.

[Characteristics](#)

Print off the poster or just look at it on your screen. Which characteristics does your child have. Get them to draw a picture of themselves Can they choose 5 or 6 characteristics that relate to them.

[EASTER Challenge](#)

Some fab Easter eggs to colour in. Use the mindfulness of colouring to calm your mind and forget all those worries.

[Pieces of me](#)

Fill in the puzzle pieces with information all about you! Great self esteem booster!

[When you're feeling worried](#)

This activity will help you to make a plan if you are feeling worried about anything. There are some nice calming activities you can try.

[My time in Year](#)

This is a nice transition activity because the chances are you will be going back to school into a new class or even a new school. Take time to reflect on this year.



[Calm and Relax](#)

A lovely booklet to make up with some colouring. Think about things that begin with each letter that you find calming or relaxing

[ELSA Support Self-esteem challenge](#)

5 days worth of lovely self-esteem activities to do. You might even do it in a day if you put your mind to it!

