

ELSA SUPPORT 14-day Home Challenge

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

Affirmations Fortune Teller

Pick one of the characteristics and spell it out by moving the fortune teller. Pick a number and move the fortune teller that number of times and then they pick another number and look to see what the affirmation says.

Smiling challenge

Smiling has so many benefits why not try this smiling challenge?

Gratitude and Emotions tracker

Track your mood and things you are grateful for or appreciate. We can all think of the good things if we try hard enough.

Inside feelings

Use this resource to explore your inside and outside feelings. You might look sad but feel angry inside.

Positivity cards

Use these to help give yourself a boost each day. Perhaps you could make some of your own positivity cards and give them to your family members?

Gratitude walk

Use your senses when you go out for your daily exercise. What can you see, hear, feel, taste and smell?

Colour your characteristics

Give your self esteem a BIG boost by colouring in all your positive characteristics

Mini Gratitude tab booklet

Cut out your booklet carefully and then think of all the things you are grateful for. You can categorise by using the tabs at the side such as 'home', 'school', 'friends' and so on

Mindful masks

Try some mindful colouring today by choosing some masks to colour. Really enjoy the feeling of relaxation as you do your colouring

Make a funny face

Make a funny face or an emotion face with this simple exploratory activity.

You can draw eyes and mouths, cut them out and glue to the face. You can add colour and hair if you wish.

Positivity potion

What would you put in your positivity potion? A pinch of kindness

A dollop of bravery

A sprinkle of loyalty

Mindful minute bookmark

Make this bookmark up to remind you about taking time to relax and be mindful



Happy Flip flop

Write or draw what makes you happy behind the smiley face.

Mindfulness affirmations

These mindfulness affirmations are a combination of mindful colouring and affirmations. Can you think of an 'I am' and 'I can' statement?

