

Friday 3<sup>rd</sup> April 2020

LO: To find positive ways to deal with changing emotions.

Having now completed 2 weeks of learning at home and not being able to leave the house except for one form of exercise or a necessary journey, I would imagine that you have all sorts of emotions flying around. To help you take control of your emotions, I have found two activities for you to try. You can choose one of the two or you can do both, it's up to you.

### 1. Positivity jar

#### **You will need:**

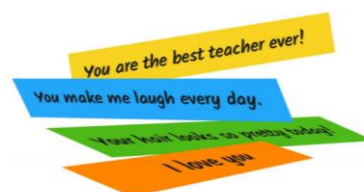
- 1 x empty jar
- Paper cut into strips (can be coloured or plain paper)
- Coloured pens
- Double-sided tape or sellotape

#### **How to make it:**

- Collect an empty jar, clean it and soak off the label.
- Make a new, decorative label for your jar to stick on the front using double-sided tape or sellotape. You could call your jar: Positivity Jar, Magic Moments Jar, Positive Comments Jar, or anything else you like.
- Use the strips of paper and coloured pens to write down different comments, moments or memories that make you feel happy. You could even write down all the lovely things that you have done while you have been at home. This might include: spending time with family, going for walks with family, practising and improving a skill.
- Finally, decorate your jar with anything you can find at home. You may want to paint your jar, add a ribbon, or stick stickers or paper shapes on.

#### **How to use the jar:**

When you are feeling stressed, angry or upset, take a slip of paper out of the jar and read the comment, moment or memory. Take some time to think about why the comment has been made about you, or think back to the memory or moment and remember why it made you feel happy. As your thoughts start to settle on one positive moment, you will feel calmer and begin to see things more clearly.



## 2. Glitter Jar

### **You will need:**

- 1 x empty jar
- Some hot water (hot tap water is fine)
- 2 tablespoons of glitter glue (or a mixture of glue and glitter)
- Optional - 2 drops of food colouring

### **How to make it:**

- Collect an empty jar, clean it and soak off the label.
- Pour the hot water into the jar until it is almost to the top and add the glitter glue (or separate glue and glitter). You can also add 2 drops of food colouring to create an interesting colour effect.
- Put the lid on and shake up the jar.
- Make a new, decorative label for your glitter jar to stick on the front.

### **How to use the jar:**

Imagine that the glitter is like your thoughts when you're stressed, angry or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset - because you're not thinking clearly. Don't worry this is normal and it happens in all of us, even adults.

Now put the jar down in front of you.

Watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions.

