

Feel Good Activity Toolkit



Feel Good Activity Toolkit

This Feel Good Activity Toolkit has been developed to encourage children/young people to think about their emotional wellbeing. Activities within this toolkit can also be used to contribute to a Hi5, Dynamic Youth Award or Youth Achievement Award.

Contents

1. Stand up if	03
2. Roll the dice	03
3. Learning the lingo, emotional bingo	04
4. How do I show my emotions	04
5. What would you want in a friend?	05
6. Create your own emoji	05
7. Make a stress ball	06
8. Make a moments jar	06
9. Make a kindness jar	07
10. Make a feel good board	07
11. Make a dream board	08
12. Make a glitter jar	08
13. Make a sensory bag	09
14. Make a feel good kit	09
15. Make a rain stick	10
16. What I like, traffic lights	10
17. Five senses scavenger hunt	11
18. Make kindness rocks	11
19. The worried brain	12
20. Helping hands	12
21. Thankful letters	13
22. Everyday acts of kindness	13
23. Rays of sunshine	14
24. Make scented play dough	14
25. Play compliment tennis	15
26. Make a breathing wand	15

Health and safety briefing

Part of every wellbeing youth work activity should be the creation of a safe space for young people to openly discuss their feelings in confidence and within a group agreement. Staff can then be prepared to follow up one-to-one with young people in confidence.

Remember when leading activities it is your responsibility to ensure you use age-appropriate materials and equipment. In particular be aware and take any necessary precautions when using certain materials with children and young people such as:

- sharp objects and glass
- hot and cold liquids
- hobs/ovens
- allergies to seeds, scent and dye

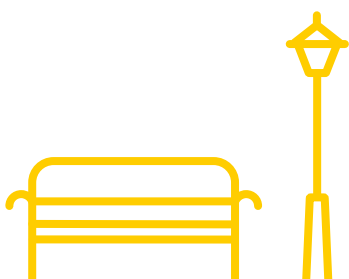
You should also be aware of any risks associated with the environment you'll be working in. Children and young people should be supervised at all times and your own organisation's Health and Safety policy and any other relevant policies should be followed.

Please note that to the extent permitted by law, Youth Scotland shall not be liable to any person for any loss or damage that may arise through using this toolkit.

We have given a guide age for all of the activities in this toolkit. These should be used as a guide only as we recognise you know your children/young people best and know what activities would suit them.

It is always a good idea to try any activity yourself in advance, especially if it involves making something.

Some activities will need tables/work surfaces to be covered to prevent any damage.



1. Stand up if...

(Age 5+)

Stand up is a game where children/young people are encouraged to think about the positive characteristics they have

Time:

15 minutes

What you need:

- List of positive characteristics (examples of these can be found at the bottom of this page)

What to do:

- Leader says a statement, if the children/young people agree with that statement they would stand up. The leader could use the following examples:
 - Stand up if you are kind
 - Stand up if you are funny
 - Stand up if you are a good sibling
 - Stand up if you are active
 - Stand up if you are positive
 - Stand up if you are caring
- Once the leader has said a few statements and the children/young people are used to the game, the leader can encourage a child/young person to take on the leadership role and then swap places, keeping the game going

Helpful hint:

- This works well as an icebreaker
- Ask children/young people beforehand to think of positive statements

2. Roll the dice

(Age 5+)

Roll the dice is a game where children/young people are encouraged to think positively about themselves and their future while playing a fun game

Time:

15 minutes (depending on number of people)

What you need:

- Dice
- A list of 6 questions (example below)

What to do:

- Explain to the children/young people that they are going to roll the dice and finish the sentence based on what number they rolled
- If they roll **1**: I feel happy when...
- If they roll **2**: I like myself because...
- If they roll **3**: One thing I would like to do in the future is...
- If they roll **4**: My friends say I am...
- If they roll **5**: I feel good about...
- If they roll **6**: Today I am thankful for...

Helpful hint:

- This works well as an icebreaker
- Use a larger foam dice with younger children

Below are examples of positive characteristics that you can refer to and perhaps add to the list along the way.

Kind	Funny	Caring	Positive	Upbeat
Compassionate	Energetic	Relaxed	Brave	Hopeful
Loyal	Enthusiastic	A good friend	Generous	Honest
Active	Optimistic	Creative	Smart	Organised
Good daughter	Curious	Reliable	Good son	Adaptable
Sociable	Good brother	Assertive	Good cook	Thoughtful
Musical	Good dancer	Powerful	Clever	Determined
Trustworthy	Strong	Passionate	Good sister	Flexible
Good Cousin				



3. Learning the lingo, emotional bingo

(Age: 10+)

Learn more about emotions

Time:

15 minutes

What you need:

- Paper
- Pencils or pen
- List of numbered emotions (like the list below)
- Bag
- Bingo sheet with 20 squares (see example below)

What you do:

- Explain to the children/young people you are going to play a game of bingo
- Give each child/young person a bingo sheet. Ask the children/young people to pick and circle 5 numbers on the bingo sheet
- Once they have done this the bingo caller would pick a random number/emotion out of the bag, say the number of the emotion and the emotion itself, and then ask the young people to explain that emotion
- The children/young people then would tick the number/emotion as they are being called out
- First person to get all 5 numbers/emotions shouts BINGO and wins the game!

1-Happy	2-Sad	3-Joy	4-Bored
5-Proud	6-Calm	7-Amazed	8-Annoyed
9-Silly	10-Worried	11-Comfortable	12-Confused
13-Excited	14-Lonely	15-Hopeful	16-Embarrassed
17-Frustrated	18-Jealous	19-Determined	20-Inspired

Helpful hint:

- The children/young people may want to do this individually or as a group

4. How do I show my emotions?

(Age: 5+)

This activity encourages children/young people to think about how they behave with the way they are feeling

Time:

30 minutes

What you need:

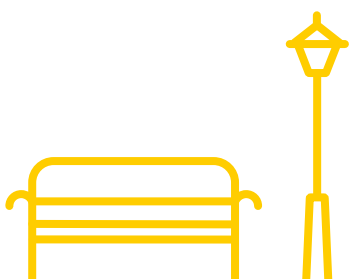
- You may need pen and paper if children/young people choose to draw rather than act it out

What you do:

- The leader says a statement such as: 'If I am angry ...' and the children/young people need to act out how they act when they are feeling angry
- Other examples:
 - 'If I am happy I ...'
 - 'If I am sad I ...'
 - 'If I am hyper I ...'
 - 'If I am annoyed I ...'
 - 'If I am bored I ...'

Helpful hint:

- Some children/young people might not feel comfortable acting out these emotions and that's absolutely fine, you can ask them to draw what it feels like to have these emotions
- You can also encourage children/young people to take the lead in the game



5. What would you want in a friend?

(Age: 8+)

This activity encourages children/young people to think about what characteristics they would like to have in a friend

Time:

30 minutes

What you need:

- Paper
- Pens/pencil
- Stickers

What you do:

- Ask the children/young people to draw a person, mention the person they have drawn is their friend
- Ask the children/young people to write down or draw what characteristic they would like in a friend
- Ask the children/young people what is it about those characteristics that they like? (See examples of positive characteristics on page 3)

Helpful hint:

- This activity could be done individually or as a group
- For group activity get a child/young person to lie down on a large sheet of paper and draw around them (use pencil not pen)
- You may also want to ask the children/young people to draw the best version of themselves as a friend

6. Create your own emoji

(Age: 5+)

This activity lets children/young people reflect on their own personality

Time:

30 minutes

What you need:

- Paper or card
- Pencils or pens
- Stickers

What you do:

- Ask the children/young people to draw a big circle on a piece of paper/card and explain that this is going to be their emoji face
- Ask them to get creative and draw on the big circle an emoji to look like them with their physical and emotional personality
- The children/young people may want to create an emoji to say how they are feeling and share their emoji with the rest of the group

Helpful hint:

- Young people can make their emojis digitally



7. Make a stress ball

(Age: 10+)

Create your own unique stress ball

Time:

30 minutes

What you need:

- Balloon
- Filling i.e. small plastic beads/rice/flour/cornflour
- Funnel, if you don't have a funnel you can make one by rolling up a piece of paper and use sticky tape to hold it together
- Permanent felt tip pens
- Coloured wool

What to do:

- Ask the children/young people to choose their balloon and filling/s
- Ask the children/young people to place the funnel into the neck of the balloon
- Ask them to pour their filling into the balloon (they may want to put more than one texture into the balloon)
- Explain to the children/young people that they should fill the balloon up to the start of the neck so there is room to tie off the balloon
- Once they have filled the balloon up to the appropriate level ask them to remove the funnel and tie off the balloon
- Ask the children/young people to decorate their balloon with permanent felt tip pens etc. (they could add wool hair or make a wool pom pom to add on)

Helpful hint:

- Be careful not to overfill the balloon, as the balloons can pop and it can make a massive mess
- We would recommend using two balloons to make it stronger (put one balloon inside another balloon) if you are using flour or rice
- Try to use thick balloons
- Remember to cover your table or use a tray to capture any spillages

8. Make a moments jar

(Age: 10+)

Create your own personal moments jar

Time:

30 minutes initially, then 1 minute every day

What you need:

- Jar
- Sticky notes or small pieces of card or paper
- Pens/permanent felt tip pens
- Decoration (stickers, biodegradable glitter, paint, pens etc.)

What to do:

- Ask the child/young person to decorate and personalise the outside of their jar, they can do this by painting, drawing or writing on the jar
- Ask the children/young people to write on a sticky note/small piece of paper or card something they enjoyed about their day
- Ask them to fold the sticky note/small piece of paper or card and put it into the jar
- Each day, the children/young people can write on a sticky note/small piece of paper and card something they enjoyed about their day and place it in the jar
- At the end of the week they can open the jar and look at all the happy things that have happened that week
- They may want to wait a month or even a year to open the jar and look at all the good times they had over the week, month and year

Helpful hint:

- You can encourage the children/young people to fold the sticky notes/small piece of paper or card into different shapes



9. Make a kindness jar

(Age: 10+)

Create your own kindness jar

Time:

1 hour

What you need:

- Jar
- Sticky notes or small pieces of card or paper
- Pens/permanent felt tip pens
- Decoration (stickers, biodegradable glitter, paint etc.)

What to do:

- Ask the child/young person to decorate and personalise the outside of their jar, they can do this by painting, drawing or writing on the jar
- Ask each child/young person to write something nice about every child/young person in their group on a separate sticky note/small piece of card or paper
- Ask the children/young people to place their nice notes into each other's jars
- Each child/young person can take their jars away and open them when they feel they want to

10. Make a feel good board

(Age: 5+)

Design and cover a piece of paper or card with images to make a feel good board

Time:

1-2 hours

What you need:

- Large piece of card/paper
- Pens (and whatever art supplies you have e.g. sticky gems, feathers, beads)
- Stickers
- Magazines
- PVA glue, plastic containers for glue, and glue brush or glue stick
- Scissors

What to do:

- Give each child/young person a large piece of card/paper and ask them to design a poster of everything that makes them feel good, they may want to include pictures that make them feel good, words that make them feel good, drawings etc.
- Tear magazine images into different sized pieces
- Use PVA glue or glue stick to stick each piece one at a time to cover the whole piece of card/paper, adding other art supplies as they go i.e. stickers, feathers etc.
- Paint over the whole picture with a second layer of PVA glue (Do not cover your feather with the second layer PVA glue)
- Place on table to dry (1 hour)
- Ask the child/young person to hang up this poster where they will see it every day to remind them to feel good

Helpful hint:

- Use art tables or cover tables as it can get messy
- Write children's/young people's names on a piece of paper next to their drying picture
- If you don't have time for pictures to dry, use a hair dryer to quicken the process



11. Make a dream board

(Age: 10+)

Design and cover a piece of paper or card with images to make a dream board

Time:

1-2 hours

What you need:

- Large piece of card/paper
- Pens (and whatever art supplies you have e.g. sticky gems, feathers, beads)
- Stickers
- Magazines (drawings, photos etc.)
- PVA glue, plastic containers for glue, and glue brush or glue stick
- Scissors

What to do:

- Give each child/young person a large piece of card/paper and ask them to design a dream board of what they want their future to be like, they may want to include pictures, words, photos, drawings etc.
- Tear magazine images into different sized pieces
- Use PVA glue or glue stick to stick each piece one at a time to cover the whole piece of card/paper, adding other art supplies as they go i.e. stickers, feathers etc.
- Paint over the whole picture with a second layer of PVA glue
- Place on table to dry (1 hour)
- Ask the child/young person to hang up the poster where they can see it every day to remind them of their positive dreams

Helpful hint:

- Use art tables or cover tables as it can get messy
- Write children's/young people's names on a piece of paper next to their drying picture
- If you don't have time for pictures to dry, use a hair dryer to quicken the process

12. Make a glitter jar

(Age: 12+)

Design and create a calming glitter jar to have fun with

Time:

1 hour

What you need:

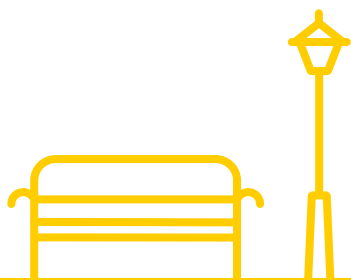
- Clear glass jar
- Fine biodegradable glitter (2 teaspoons)
- Beads/sequins/large glitter (as much as you like)
- Glitter glue/glitter pen (use as much or as little as you like, usually 177ml glitter glue to 600ml of water)
- Hot water
- Strong glue
- Wooden skewer/straw

What to do:

- Ask the child/young person to fill the glass jar with hot water, leave 5cm at the top of the jar for the glitter (the water must be hot enough to dissolve the glue in the glitter glue)
- Ask the child/young person to add the glitter glue to the hot water and mix with the wooden skewer/straw until dissolved
- Ask the child/young person to add the fine glitter to the water and stir with the wooden skewer/straw. They may also want to add other items into the bottle such as sequins, beads etc.
- When they are happy with the amount of glitter in the jar, glue the lid of the jar
- Once the glue has dried and the cap is securely on, shake the glitter jar and watch all the glitter swirl and settle

Helpful hint:

- Be very careful with hot water and glue! You may want to help the child/young person when pouring the hot water into the jar
- Try to use as thick a jar as possible, this will help to prevent the glass from being too hot to hold
- Make sure the glitter jar is completely cooled before the child/young person uses it



13. Make a sensory bag

(Age: 5+)

Design a fun sensory bag to play with

Time:

30 minutes – 1 hour

What you need:

- Zip bag
- Baby oil or paint
- Biodegradable glitter or sequins
- Thick sticky tape

What to do:

- Ask the child/young person to pour the baby oil into the zip lock bag (only fill a quarter of the bag)
- Ask them to add glitter or sequins to the bag and then zip the bag closed
- Ask them to cover the sides of the bag with thick sticky tape to make sure the sides don't burst
- Ask the child/young person to move the glitter or sequins around with their fingers creating patterns while having fun

Helpful hint:

- Make sure not to overfill the bag as it might pop and create lots of mess!
- You may want to draw a line on the ziplock bag for the child/young person to use as a guide when filling their bag
- For older children/young people you might want to encourage them to draw a maze on the outside of the bag and then fill it with baby oil and a gem. They can then move the gem through the maze they have created to make it more interesting

14. Make a feel good kit

(Age: 8+)

Design a feel good kit with a box that is full of things that make the child/young person feel good, calm and relaxed. They can use this feel good kit to help them when they are having a tough time

Time:

1–2 hours

What you need:

- Box with a lid (i.e. shoe box)
- Pens
- Stickers/paint (optional)
- Something they like to eat
- Something they like to look at
- Something they like to hear (this could be the rain stick)
- Something they like to touch (this could be the stress ball)
- Something they like the smell of (this could be the scented play dough)
- Happy statements or quotes
- Colouring book or paper to draw
- Puzzles or mazes/word search

What to do:

- Ask the child/young person to decorate the inside and outside of their box, they may want to use stickers or they might want to cover it in paper or paint it
- When it is decorated ask them to add in the following:
 - An item or two they enjoy the smell of
 - An item or two they enjoy the taste of
 - An item or two they enjoy the feel of
 - An item or two they enjoy the sound of
 - An item or two they enjoy the sight of
 - A card full of saying/phrases/quotes they like
 - Any other items that make them happy
- Once they have finished ask them to put the feel good kit in a safe place where they can use it when they need it

Helpful hint:

- If there are items that they cannot put in the box i.e. tablet, computer etc. write a reminder of these objects on a piece of paper and place it in the box



15. Make a rain stick

(Age: 8+)

Design and create a soothing rain stick to have fun with

Time:

30 minutes – 1 hour

What you need:

- Small plastic beads/dried beans/rice/seeds
- Cylinder tube with lid or plastic bottle or kitchen roll holder with pieces of paper for lids
- Tin foil
- Sticky tape

What to do:

- If the child/young person is using a kitchen roll holder they will first need to make a paper end and tape it to the bottom of the tube
- Ask the child/young person to loosely scrunch the tin foil the length of their tube or bottle
- Ask the child/young person to push the tin foil into the tube or bottle to fill from top to bottom
- Ask the child/young person to pour one of the following (small plastic beads/dried beans/rice/seed) into the tube/bottle
- Ask the child/young person to add the lid to the top of their tube/bottle (if using the kitchen roll holder add another paper end) and secure this with sticky tape
- Ask the child/young person to move the tube/bottle from side to side and listen to the sound
- The child/young person may want to decorate the outside of the tube/bottle

Helpful hint:

- Be mindful of allergies when using seeds
- The children/young people may want to experiment with different items to create the right sound for them

16. What I like, traffic lights

(Age: 5+)

This is a feel good active game helping young people to think about what things they enjoy

Time:

30 minutes

What you need:

- 3 pieces of A4 paper either coloured or painted/penned – one green, one amber, one red

What to do:

- Place the signs in different places in the room
- Explain to the children/young people what each colour means (i.e. red – you don't like the activity, amber – you think the activity is okay, green – you really like the activity)
- Shout out an activity to the children/young people and ask them to go to the relevant colour for how they feel about that activity
- For example if I said 'swimming', if the young people like swimming they would go to green, if they think swimming is okay they would go to amber and if they think swimming is rubbish they would go to red
- **List of potential activities:**
 - Listen to music
 - Dance
 - Play with my pet
 - Go for a walk
 - Read a book
 - Play a console game
 - Have a bath
 - Eat chocolate

Helpful hint:

- You could also do this activity with emojis. This activity could be done in the garden and throughout different rooms



17. Five senses scavenger hunt

(Age: 8+)

Play a game of scavenger hunt looking for things that make you feel good

Time:

30 minutes

What you need:

- List of items the children/young people need to find, see examples below

What to do:

- Explain to the children/young people that they have to find the following items and bring them back:
 - Find something they like the look of
 - Find something they like the smell of
 - Find something they like the feel of
 - Find something they like the taste of
 - Find something they like the sound of
- The first person back with all the items above wins the scavenger hunt
- Have a discussion with the children/young people to explain that by focusing on the 5 senses this helps ground (focus) us when we are having a difficult time

Helpful hints

- Scavenger hunts can be played in a variety of ways. You can either give the children/young people the list to find or you can give them one item at a time

18. Make kindness rocks

(Aged: 5+)

Decorate a small rock or pebble with colourful designs and positive statements

Time:

1 hour

What you need:

- Rocks/stones – these must be cleaned and dried before they are painted
- Poster paint
- Paint brushes
- Permanent felt tip pens
- PVA (if stones are staying inside)
Varnish (if stones are going outside)

What to do:

- Ask the children/young people to paint a background design on their rock and allow this to dry
- Once the paint on the rock is dry ask children/young people to write using the permanent felt tip pens an inspirational or a positive/happy saying onto the rock and/or draw something positive onto the rock and leave to dry
- Once it's dry ask the children/young people to cover their rock in PVA glue or varnish (if the rock is going outside)
- You can also ask the children/young people to decorate more than one rock to make a kindness rock garden

Helpful hint:

- Take special care when using varnish, adults supervision is advised
- Be careful with varnish as it may get on children/young people's clothes
- Make sure tables are covered when using varnish



19. The worried brain

(Age: 10+)

Draw a head with a brain shape inside and let the children/young people explore their worries by writing these on the paper brain

Time:

1 hour

What you need:

- A4 Paper
- Pencils/pens
- Wool or string
- Sticky tape

What to do:

- Ask the child/young person to draw a head shape on a piece of A4 paper
- Ask them to draw a circle where the brain is inside the head shape
- Ask them to write down up to 5 worries they have in the circle where the brain is
- Using a ball of wool ask the child/young person to think about how much the worry means to them and using the wool cut this to how long they think the worry is
- Repeat this with every worry
- Once the child/young person has all their wool sized worries cut to size using sticky tape ask them to stick the wool to the worry on the brain
- Ask the child/young person to think about how they can change this worry? For example if they are worried about going to the dentists what things can they do to make them less worried (i.e. focus on the positives and get a sticker)

Helpful hint:

- You can create head-shaped outline templates for the children/young people to use
- Precut the wool to different sizes and get the young people to pick the length they need for each worry

20. Helping hands

(Age: 8+)

Make a picture using your hand to show your support bubble

Time:

30 minutes

What you need:

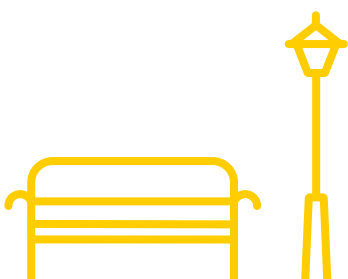
- A4 piece of paper
- Pencils

What to do:

- Ask the child/young person to draw round their hand on the sheet of paper
- On the palm of the outlined hand ask them to write their name
- Ask the child/young person to write a name on each finger of a person who they can talk to if they are not feeling good
- Ask the child/young person to keep their picture safe in case they want to use it at a later date

Helpful hint:

- Alternative use: you may want to ask the child/young person to draw round their hand, put their name in the centre of the outlined hand and ask people in their group to write something nice about the child/young person within their fingers outline



21. Thankful letters

(Age: 10+)

Write a thankful letter to someone who has helped or supported you

Time:

30 minutes+

What you need:

- A4 Paper
- Pens/pencils
- Glue stick (if making your own envelope)

What to do:

- Ask the children/young people to write a letter to someone that they are thankful for
- Encourage the children/young people to think about the things they are thankful for that the person has done for them
- Ask the children/young people if they want to give this to the person that they are thankful for or do they want to keep this safe themselves

Helpful hint:

- Children/young people may want to make an envelope out of paper that they can put their letter in

Template idea:

To:

Thank you for:

From:

22. Everyday acts of kindness

(Age: 10+)

Make and decorate a container to hold everyday acts of kindness, you can randomly pick to do daily

Time:

1-2 hours

What you need:

- Sticky notes or small pieces of paper or card
- Pens/pencils
- Decoration (stickers/biodegradable glitter/gems/feathers etc.)
- Jar or box with lid

What to do:

- Ask the children/young people to decorate their jar or box and then place this to the side until later
- Ask the children/young people to write on sticky notes/small pieces of paper or card some everyday acts of kindness, encourage the children/young people to write 10-20 acts of kindness
- **Examples of acts of kindness:**
 - Hold the door for someone
 - Smile at someone
 - Send a postcard or letter to a friend
 - Send a nice text message or direct message
- Ask the children/young people to fold their sticky notes and place these in their jar/box
- Ask the children/young people each day to pick out a sticky act of kindness to do that day

Helpful hint:

- You may wish to produce a list of different acts of kindness for the children/young people to choose from



23. Rays of sunshine

(Age: 8+)

Create a sunshine drawing with positive things about them to demonstrate that they are the sun and they radiate all these wonderful characteristics

Time:

30 minutes

What you need:

- A4 paper
- Small plate (to trace)
- Pens/pencils

What to do:

- Ask the children/young people to place the plate on the centre of the paper and draw around the plate (this is going to be the sun)
- Ask the children/young people to draw the rays coming from the sun (big triangles)
- Ask the children/young people to write their name in the middle of the sun
- Ask the children/young people to write all the amazing things about themselves in the sun rays

Helpful hint:

- If the child/young person is struggling there is a prompting card to help them (see page 3)

24. Make scented play dough

(Age: 12+)

Make and personalise your own scented play dough to have fun with

Time:

1-2 hours

What you need:

- 1 cup of white flour
- 1/2 cup salt
- 2 teaspoons of cream of tartar
- 1 tablespoon of vegetable oil
- 1 cup of water
- 1/2 teaspoon of ground cinnamon or vanilla extract or lavender as a scent
- Food colouring of your choice

What to do:

- Help the children/young people to put all the ingredients (except the scent and food colouring) into a pan and heat over a low to medium heat stirring constantly
- Ask the children/young people to keep stirring until the ingredients form a ball with the texture of play dough
- Help the children/young people to take the pot off the heat
- Leave the mixture to cool for 10 minutes in the pot on a heat resistant surface
- Once cool ask the children/young people to divide the mixture evenly among themselves
- Ask the children/young people to add a drop of the food colouring and scent of their choice and knead it into the dough
- Once they are finished place the play dough in a sealed container so it doesn't dry out. Add water if needed to keep it fresh for up to two weeks

Helpful hint:

- Add more drops of food colouring and scent until the children/young people get the colour/scent they want
- Adult supervision is advised whilst using the cooker hob
- For children 5+ you may want to make the dough up, leave it to cool and get them to colour it and scent it later
- This recipe gives 3 medium-sized play dough balls



25. Play compliment tennis

(Age: 5+)

Fun interactive game encouraging children/young people to say positive things about each other

Time:

15 minutes

What you need:

- Large space

What to do:

- Put the children/young people into pairs with people they know and ask them to number themselves 1 and 2
- Give each pair of children/young people a ball or bean bag between them
- Ask all the numbers 1s in the pairs to take the ball/bean bag
- Ask the children/young people who are number 1 to throw the ball to number 2 saying something nice about number 2
- Ask number 2 to repeat this with number 1
- Give the children/young people a minute to do this activity in their pairs and then swap partners
- And repeat the game

26. Make a breathing wand

(Age: 5+)

Design your own breathing wand to help you focus on your breathing

Time:

30 minutes – 1 hour

What you need:

- Kitchen roll tube (you can make a tube out of A4 paper if you don't have a kitchen roll tube)
- Sticky tape
- Decoration (tissue paper, paint, pencils, stickers, biodegradable glitter, gems, googly eyes etc.)
- A4 paper (for shredding)
- Glue stick

What to do:

- Ask the children/young people to decorate their tube and A4 sheet of paper
- Ask the children/young people to cut the A4 paper into shredded strips
- Ask the children/young people to glue the shredded paper 1cm inside one end of the tube
- Ask the children/young people to place the end of the tube without the shredded paper around their mouth and blow, they can watch how the paper dances when they breath

Helpful hint:

- Get the children/young people to decorate their breathing wand to look like a dragon with flames or other creatures
- If you are gathering kitchen roll tubes for this activity they can be sterilised by placing them in a microwave oven with a small cup of water for 20 seconds



Version: 2020-11

Youth Scotland:

Balfour House, 19 Bonnington Grove, Edinburgh EH6 4BL

Tel: 0131 554 2561

Fax: 0131 454 3438

Email: office@youthscotland.org.uk

Twitter: [@youthscotland](https://twitter.com/youthscotland)

Facebook: fb.com/youthscotland

A company limited by guarantee No: 125456.

Scottish Charity No: SC000501.

Registered in Scotland.

www.youthscotland.org.uk