



How full is your bucket?

Did you know that each of us has an invisible bucket? It represents our happiness levels and all sorts of things can fill it up - the things you do or what other people do to you; positive things fill it up - like a hug from a sibling, a wave from a friend, a letter through the post or a lovely email. Think of some things you could fill your bucket with and we can start making!

1. First we are going to make our bucket; cut out a trapezium shape from some coloured paper from a magazine (or a wallpaper sample like me)  and glue along the short and slanted sides. Stick it at the bottom of a piece of paper and try to make the top a bit open by not sticking the sides flat - it should look a bit like it is curved



2. Now find a pen you can draw a handle on with a bit where you hold it.  like this

3. Now we are ready for some blue bits from your magazine stash - look for blue skies (always a good tip!) and cut out some large droplet shapes - big enough to write on.

I am ready to put my new words together!

4. It's time to think about all the positive things and events which you can fill your bucket with - have a look at mine for inspiration! Record all of the little wins, they all go towards filling your bucket.



Took
our
"BORROWED"
doggy for
a walk

It was
SUNNY
today

A
new
bird on
our
feeders!

Drank
my
tea while
it was
still hot

My
favourite
dinner
tonight

Mum
and
Dad had
the
vaccine

A
virtual
cuppa
with a
friend

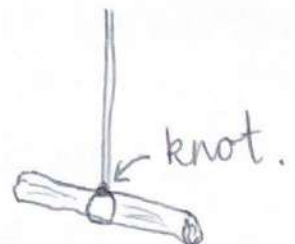
An
empty
washing
basket

Whatever floats your Boat!

These cheerful little boats can be hung up in a window, or from a pin in the wall or you could make a wall hanging with a larger piece of stick or branch and hang them all together! You'll need; some small but chunky sticks (about as big as your thumb) some string, some glue and some magazines with colourful bits you can tear out.

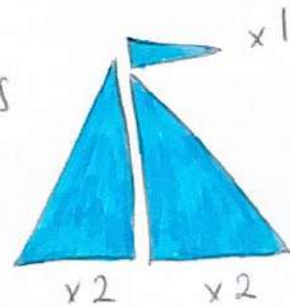
1. Cut your string into lengths - not all the same length and no shorter than the distance between the tip of your tallest finger and your elbow. Cut as many pieces as you have small sticks.

2. Now take your stick and wrap the string around its middle, and make a knot.



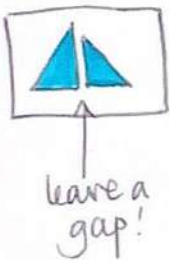
3. Now you need to find some bits of magazine with coloured sections. If you like, you could colour over the text in an article with a pen and use that. - anything is fine.

Cut it into triangle shapes to make the sails.



4. Now find a bit of paper

bigger than your triangles and stick them to it



Cut them out and stick the second set to the back - this will strengthen them and make it easier for you to do step 5!

5. The next thing is to position your sails between the two strands of string and glue them in place with some runny glue. Not too much but enough to stick them. Leave this to dry.



6. Once your sails are stuck securely you can add the flag (the tiny triangle) and then make a knot above the sails - really carefully so you don't spoil your hard work.

7. Now your boat is ready to hang! How many will you make?!

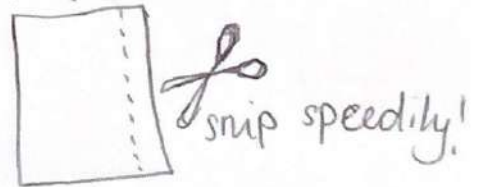


Yes, you can.

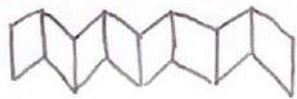
This teeny tiny book is a reminder of how you can do what you might be a bit scared of, that you're you, and you're wonderful.

You need some pens and a strip of paper - scissors and some glue (a glue stick is best for this activity)

1. Cut a strip from a piece of paper down the long side about 3cm wide



2. Fold it in half to find the middle and then *concertina (*that means fold back and forth in a zig-zag) each side.



3. Starting on the SECOND section write some positive reminders of how brilliant you are

- here's some to start you off;

Yes, I can

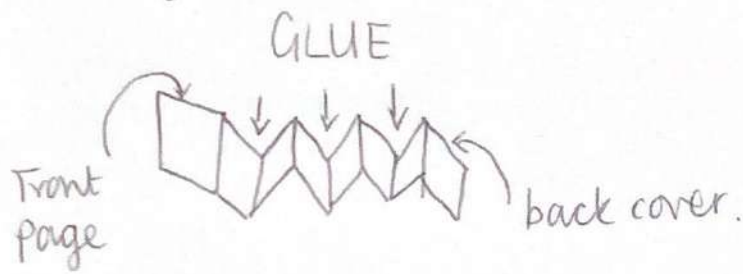
There is no-one quite like me

I have BIG plans for ME

Mistakes don't scare me

I don't give up.

4. Once you have written on the little pages - leaving the last one as the very best message! - you're ready for your glue stick to stick the pages together on the back.



Fold it up and glue the backs of the middle pages together.

5. The last job is to write your title on the front cover - What will you call yours?

"My Reminders that I am BRILLIANT" or "My tiny book of Positive Thoughts"

6. You're done. Keep it where you can read it when you need to. Oh and P.S. You ARE awesome!



How are you feeling?

As part of Childrens Mental Health Week, we're taking part in the 'draw your feelings' activity. You don't just have to do it this week - expressing your feelings should be done whenever you need to. This activity gives you a way of recording it.

1. You need a piece of paper and some pens. Draw a gingerbread figure - style shape; this is for you to fill in with marks to show how each bit of you is feeling.

how does your head feel?
what does it feel like in your chest?

Are your hands busy or still, how do they feel?

How about your tummy?

Are your legs restless or tired, ready to go or lazy-feeling?

The gingerbread figure is a simple outline with arrows pointing to the head, chest, hands, tummy, and legs. To the right of the figure are several small decorative drawings: purple swirls, blue scribbles, yellow zig-zags, blue stars, a blue scribble, and purple scribbles.

2. Maybe, if you have them, you could use colours to show how you feel too? Red for angry, yellow for happy, Blue for sad, Green for alive, purple for confused, Black for desperate, Grey for disappointed.

Can you make up a key for the colours and the marks you make?

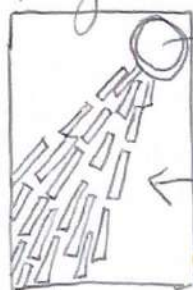
3. This is a great thing to do every day to record how you're feeling. I hope there are more happy colours and marks on your drawings. Take care. Talk to a friend if you need to, friends always listen. xxx

Speak your Mind

Sometimes we all need to say the things which are inside our heads, without actually saying them. This is a great way of getting it all out.

1. Find a magazine, newspaper or write the words onto strips of paper in different coloured pens and font styles.

2. On your piece of paper, draw yourself in side profile with your mouth open (at the top corner of the page)



3. Now you're going to

layer all the words - the things which are in your head on their pieces of paper. If there's something you don't want anyone to see, stick another word over the top - only you know it's there! - unless you want it to be seen. Express yourself in words - seen or not. - it's Art!

Magritte - Yourself

René Magritte was part of a group of artists called Surrealists - he painted every day objects, but in very strange places in his paintings - like painting a rubber duck in a tree - now that's crazy!

We are going to do a digital art project in the style of Magritte. You need someone to take a photograph of 'you' against a background wearing a hat of some sort! Go!

1. find a hat to wear and stand against a wall for a photograph.... "CHEESE!"

2. Now is the exciting (and a bit silly) bit.

You need to use 'markup' or a drawing app where you can put pictures over your face

- You need to make it big enough to cover your whole face. Look at these examples!

