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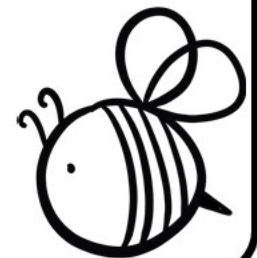
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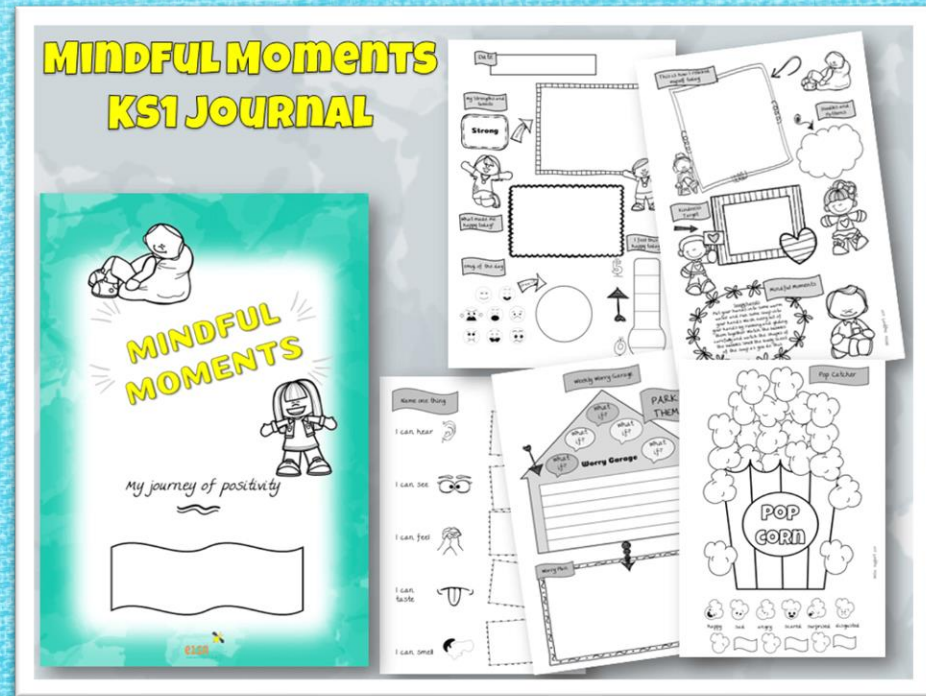
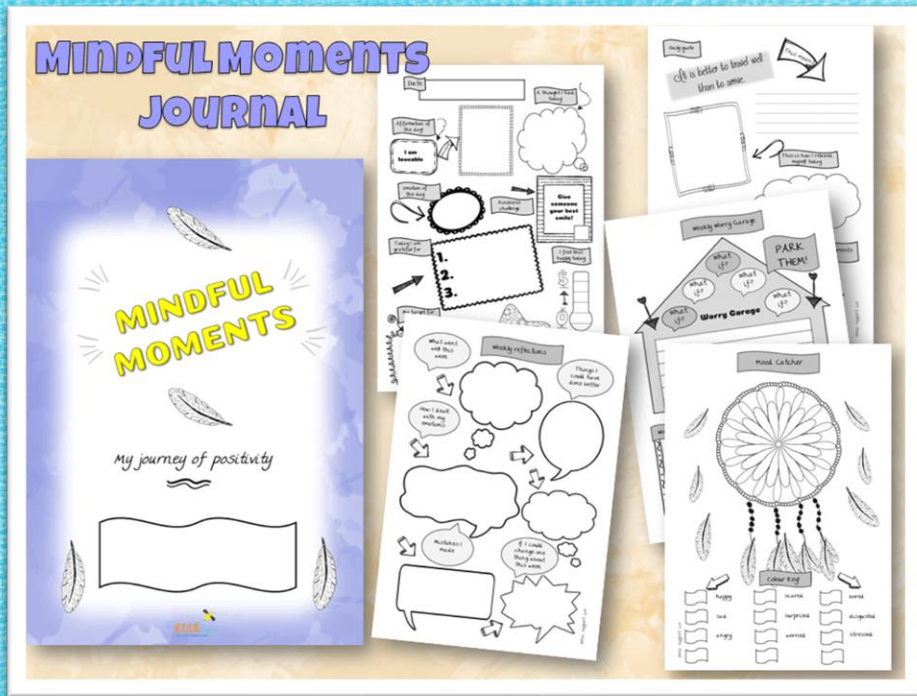
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PICTURES TO TAKE  
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VISIT

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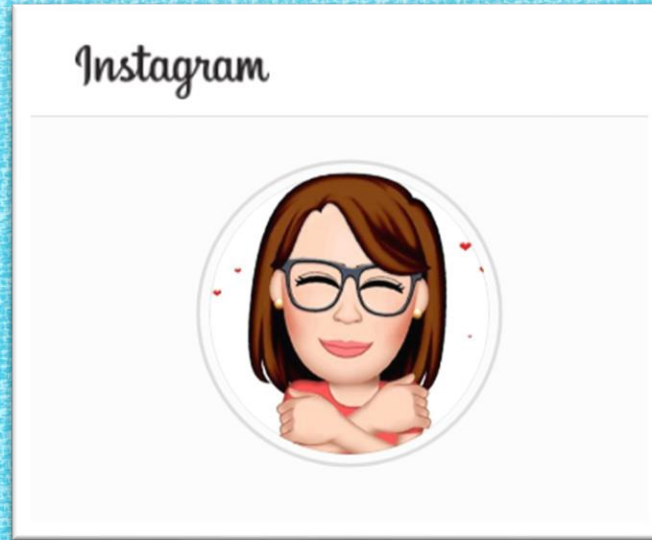
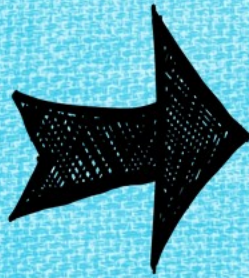
FOR LOTS OF RESOURCES TO  
SUPPORT PUPIL'S SOCIAL AND  
EMOTIONAL WELLBEING





# FOLLOW ME

CLICK THE PICTURE



ON INSTAGRAM

**ELSA\_SUPPORT**

TAG ME IN ANY PHOTOS OF OUR RESOURCES

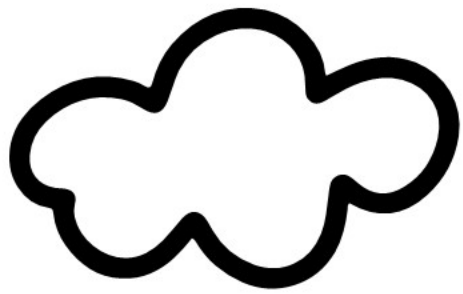


# INSTRUCTIONS

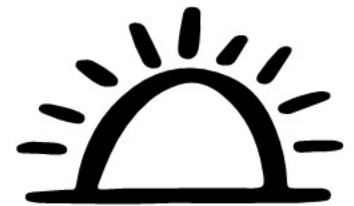
You have to isolate for 14 days because someone you know has coronavirus. Don't worry I am sure you are going to be just fine. You need to take care of your wellbeing whilst you can't go to school.

To keep you occupied, here are some challenges to do each day. Each thing will help you to feel happier in yourself so try to do them each day.

Sheets 4 and 5 have two versions, one for younger and one for older pupils.



# 14 DAY WELLBEING ISOLATION CHALLENGE DIARY





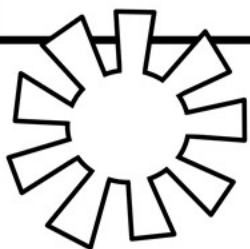


# 14 DAY ISOLATION CHALLENGE

10 tasks to do each day! Don't worry they won't take long and will help you feel happier during isolation from school

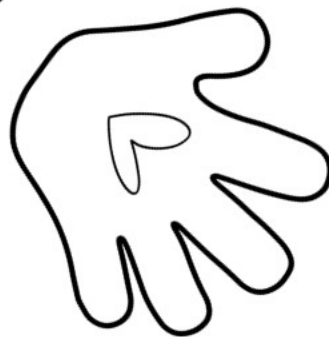


1	2	3	4	5
Helping hand - WHO can you help today?	Connect - Who can you make contact with today?	Learn a new skill- what can you learn today?	Exercise - what exercise can you do today?	Mindful colouring- colour in one thing each day
6	7	8	9	10
Grateful jar - what are you grateful for today? Fill your jar!	Plan it! What are you going to do today that will make you excited?	Worry Wobbles - is there anything worrying you?	Happy - What made you happy today?	Monitor your mood - how do you feel today?





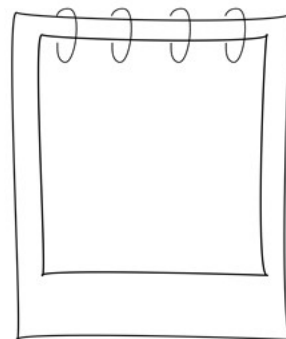
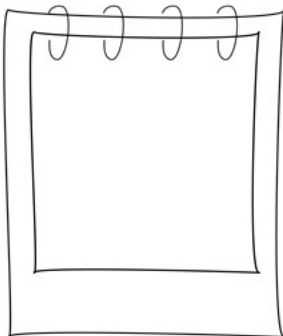
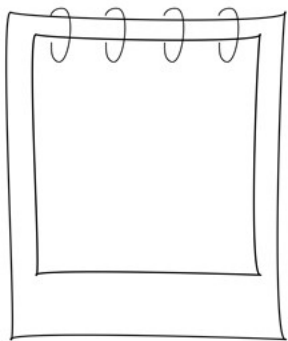
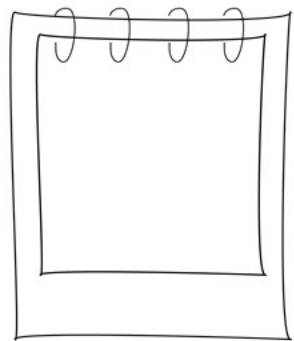
# HELPING HAND



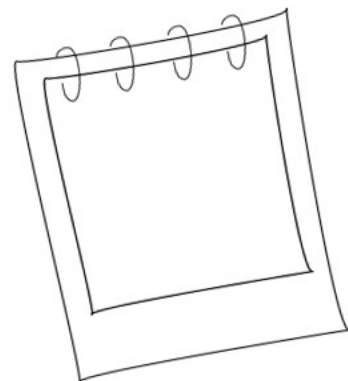
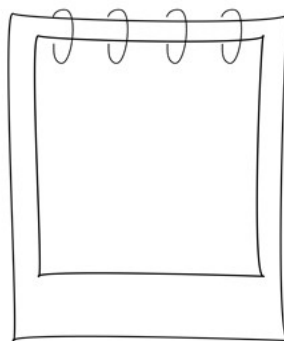
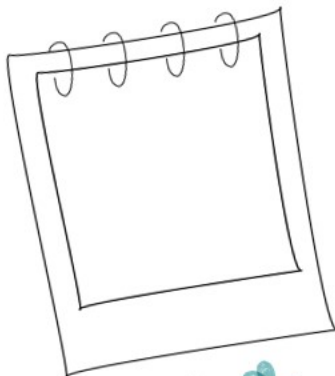
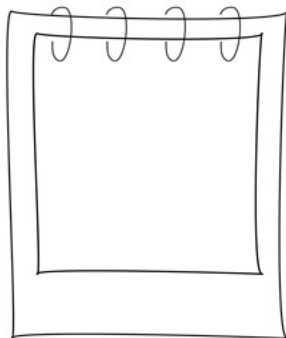
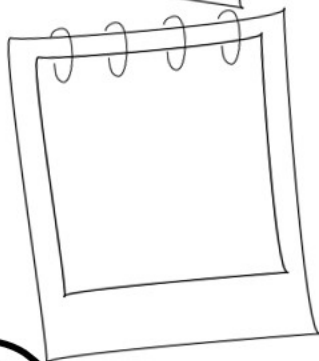
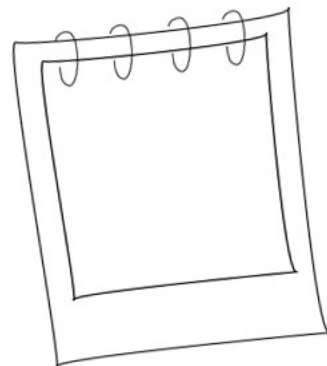
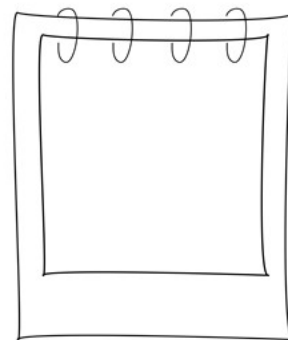
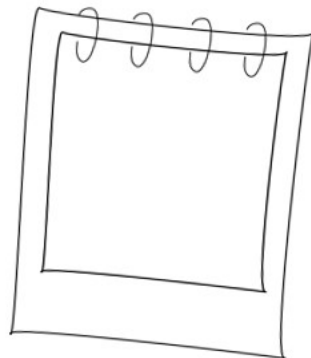
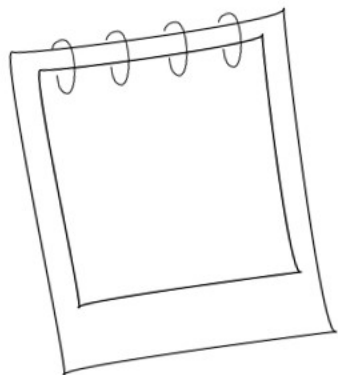
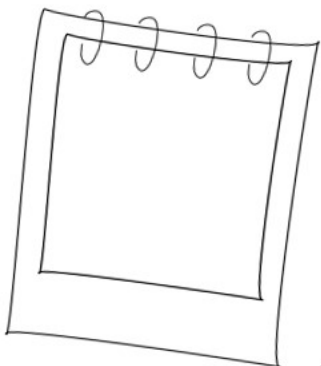
Who did you help today?  
Colour in one hand each day when you have completed this task



# CONNECT



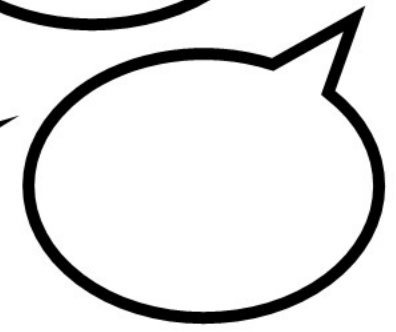
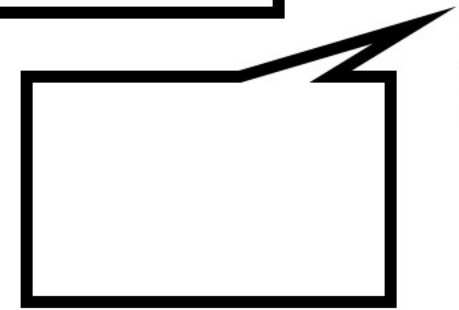
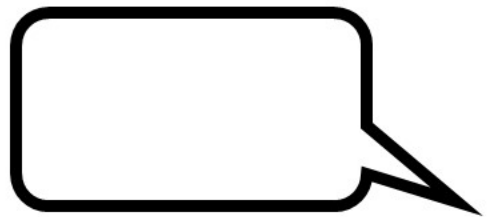
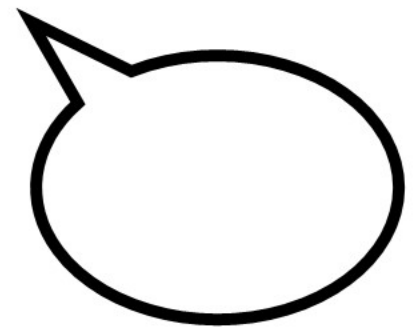
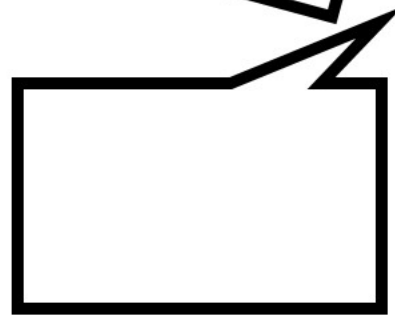
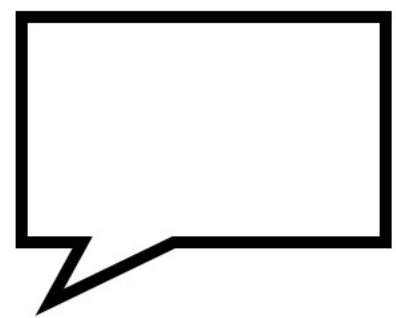
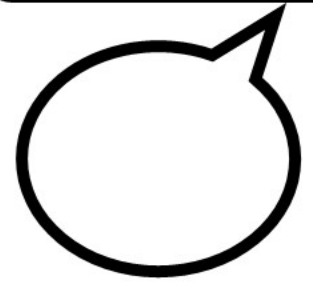
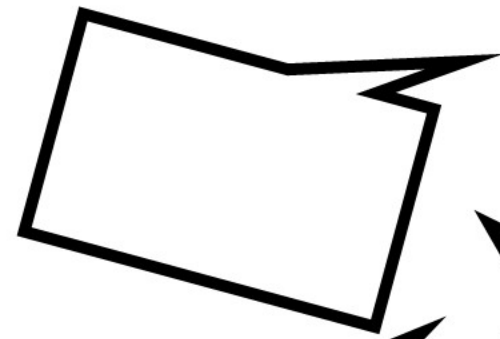
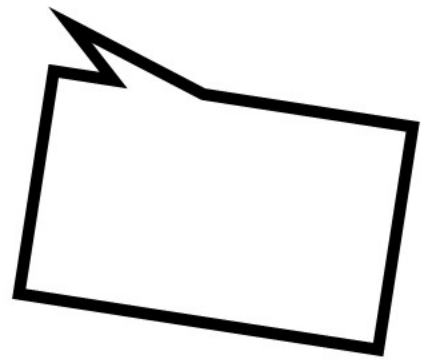
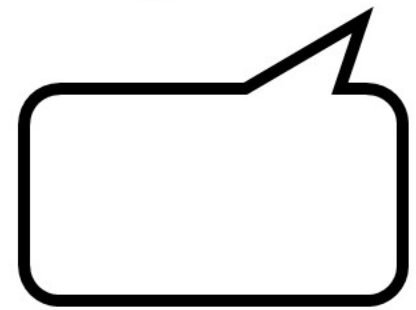
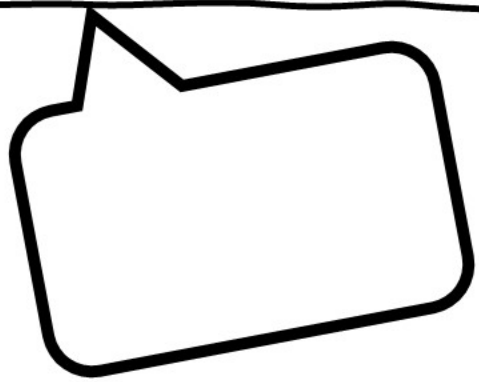
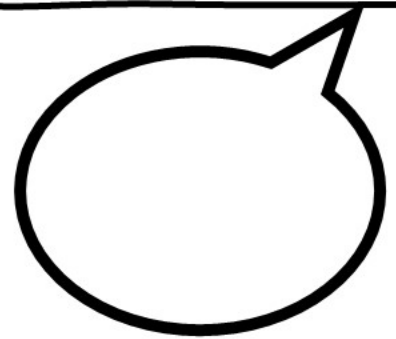
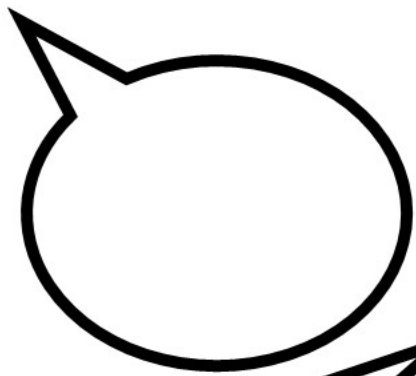
Who did you connect with each day? Write the name or draw a picture of one of the people each day



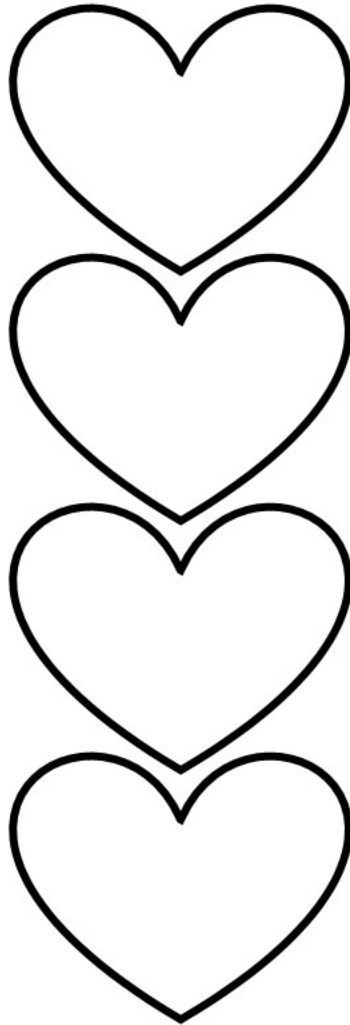
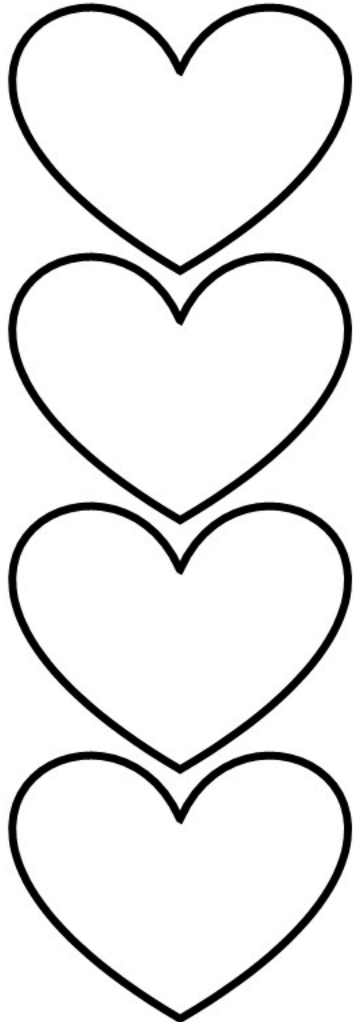
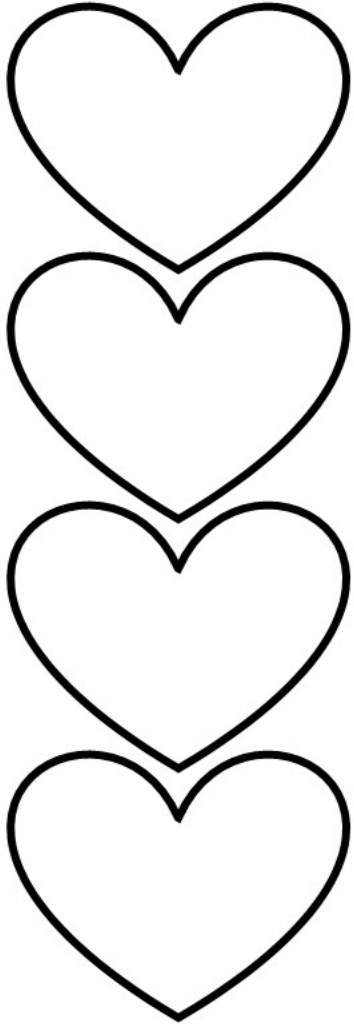


# SKILLS

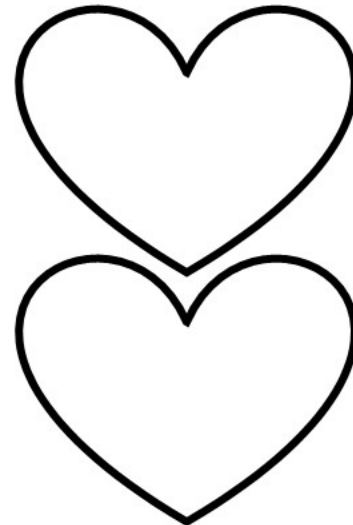
What did you learn today? Write in the talking bubble. It can be the smallest thing!



# EXERCISE

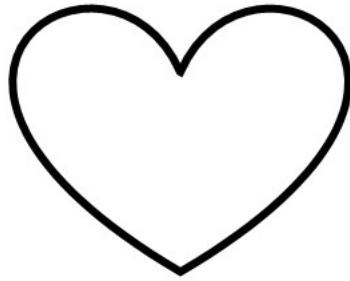
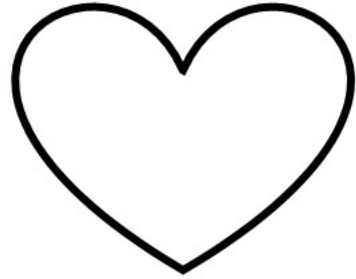
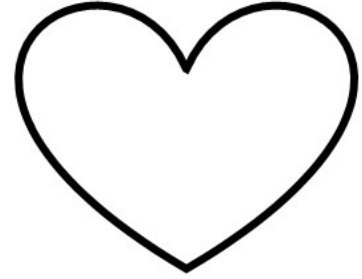


What exercise did you do today? It can be a walk, run, exercise routine. Anything at all. Count your heartbeats for one minute after your exercise and write the number in the heart shapes. An adult can help you find your pulse and count.

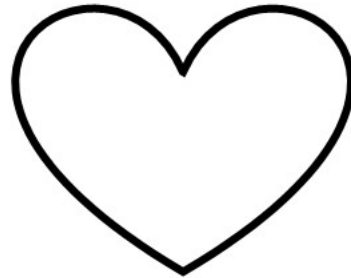
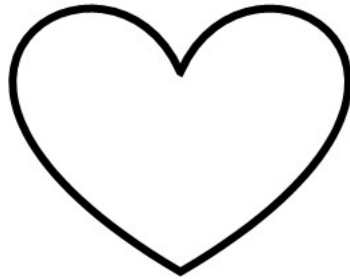
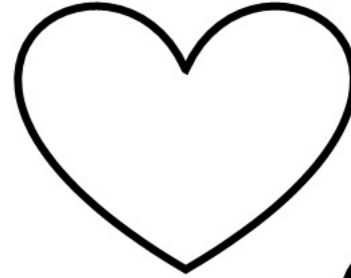
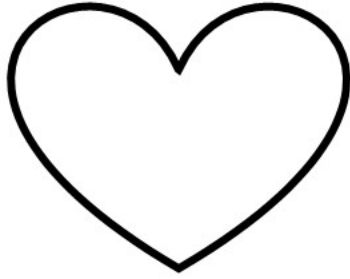
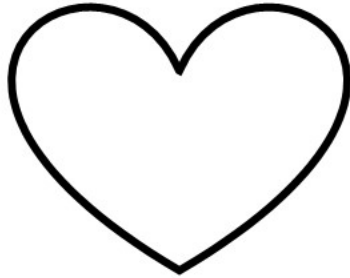




# EXERCISE

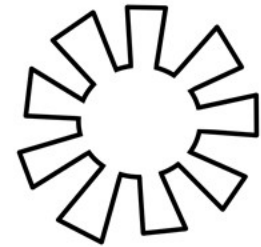
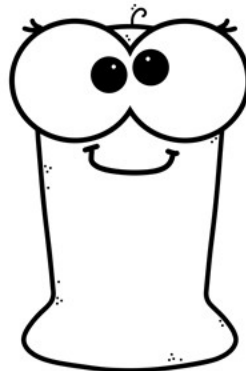
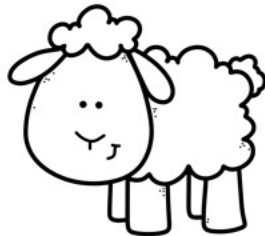
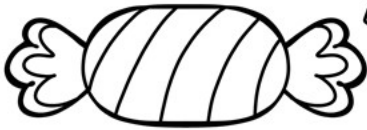
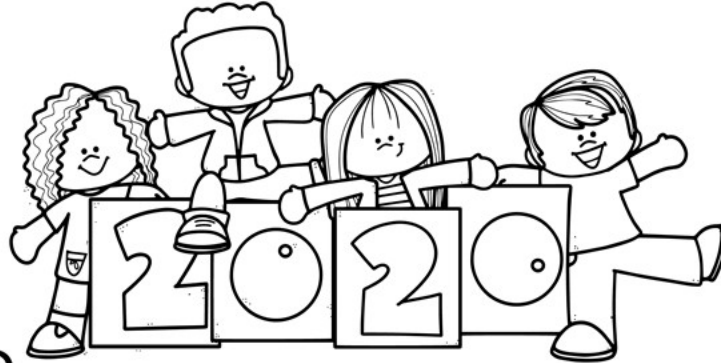
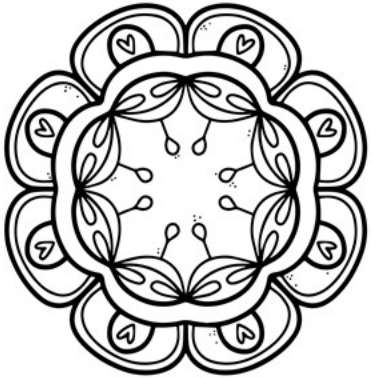
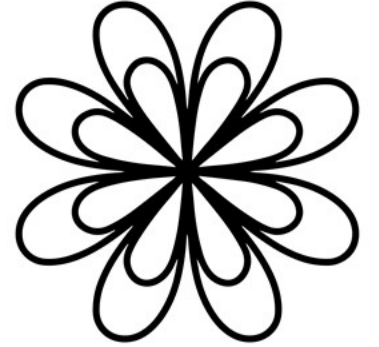
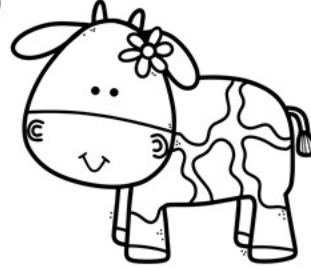
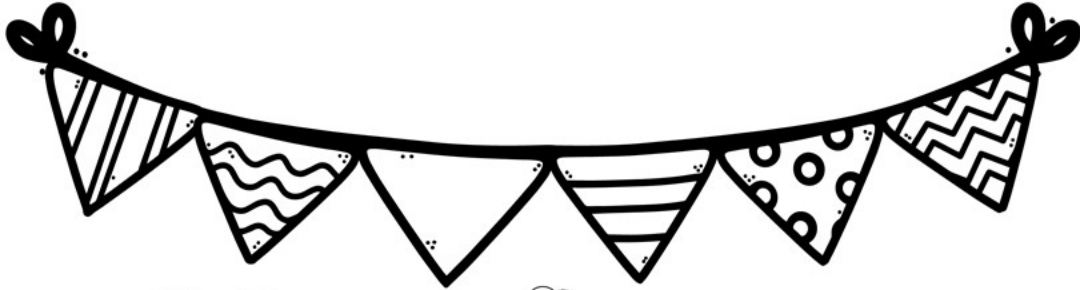


What exercise did you do today? It can be a walk, run, exercise routine. Anything at all. Count your heartbeats for one minute after your exercise and write the number in the heart shapes. An adult can help you find your pulse and count.



# MINDFULNESS

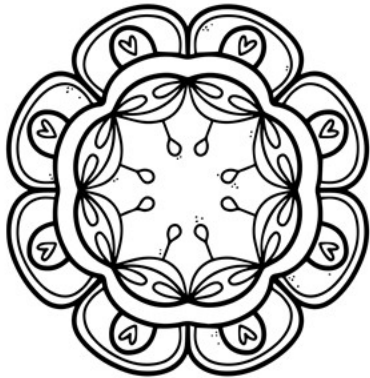
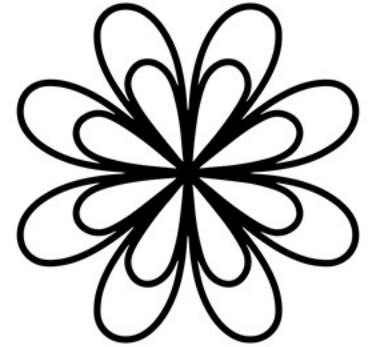
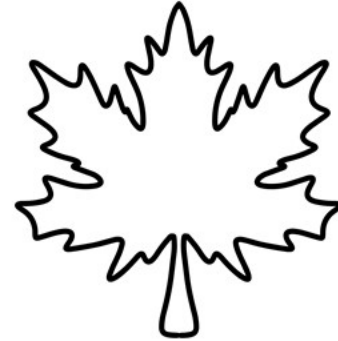
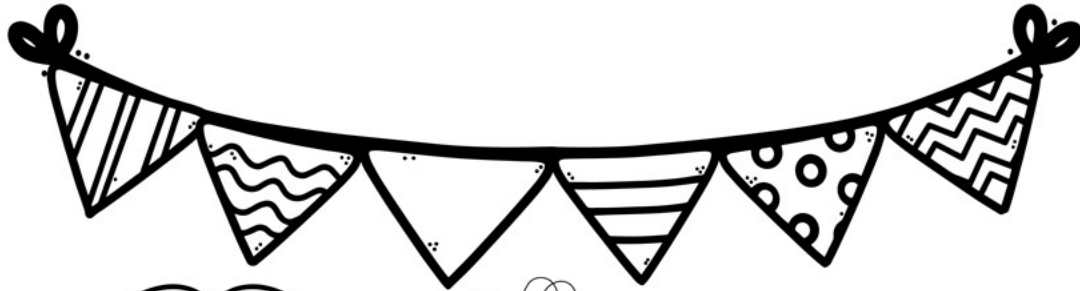
See if you can colour in one thing each day.



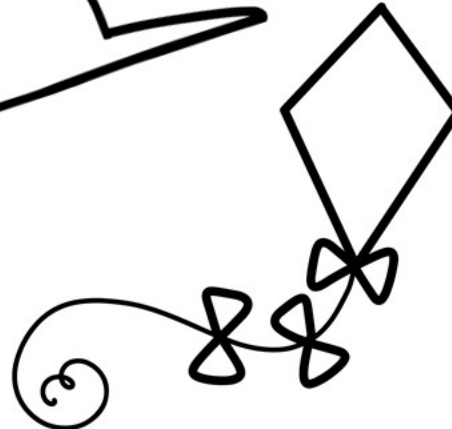
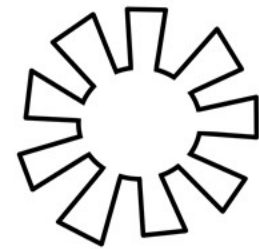
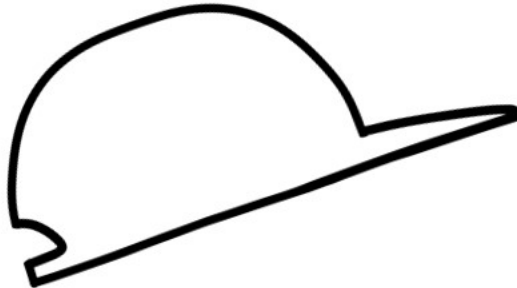
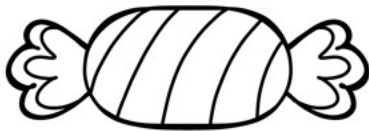


# MINDFULNESS

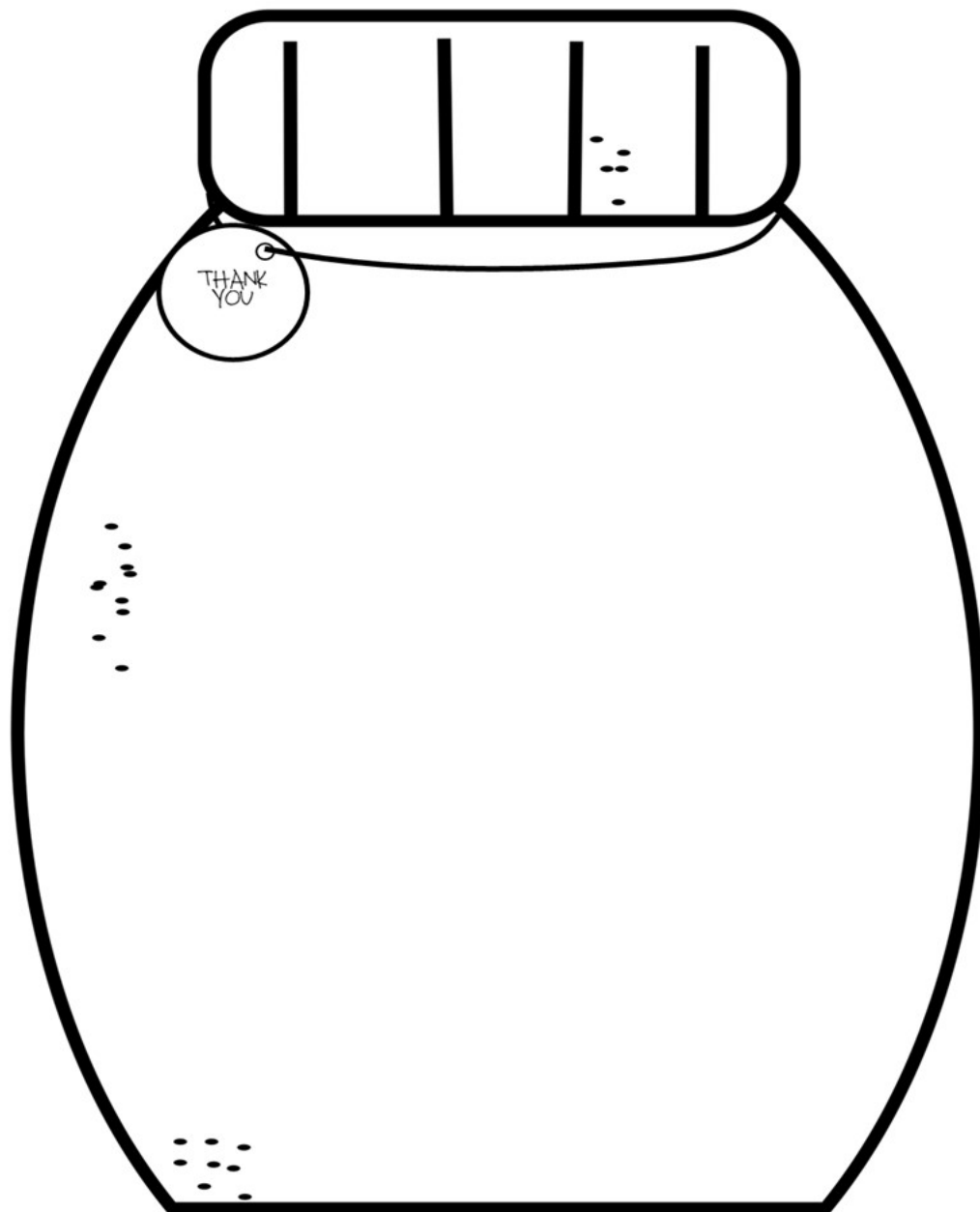
See if you can colour in one thing each day.



2020



# GRATEFUL



Fill up the 'grateful jar' with drawings of things you are grateful for today



# PLAN IT!

Plan your days so you know what you are going to do today. Think about things that make you feel happy

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

# WORRY NOBBLES!

WEEK 1

What is worrying you today? You can jot it down here. Write down what you need to do about your worry. What calming strategy can you use? Who can you talk to?

Day	My worry	What can I do about my worry?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



# WORRY NOBBLES!

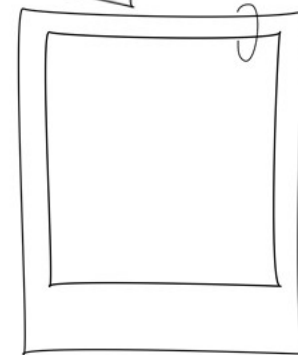
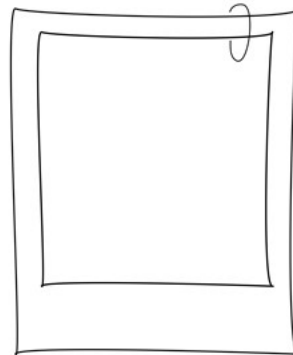
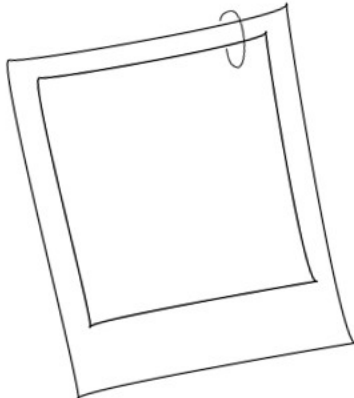
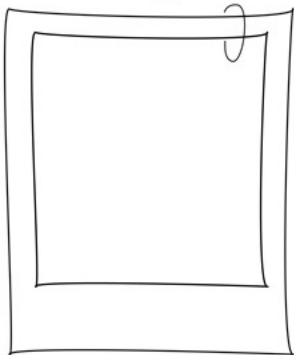
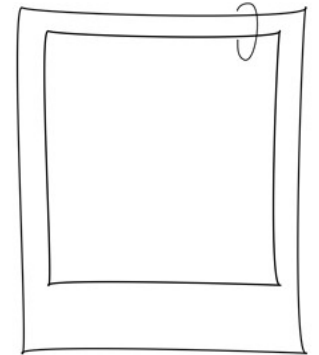
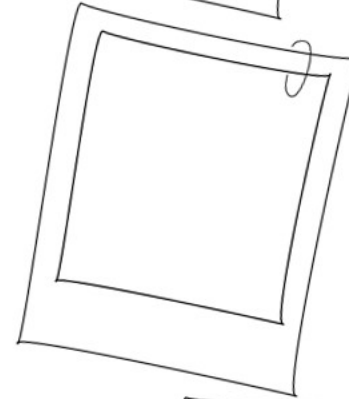
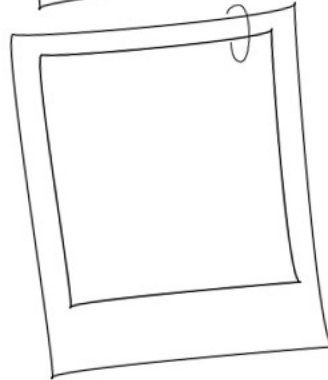
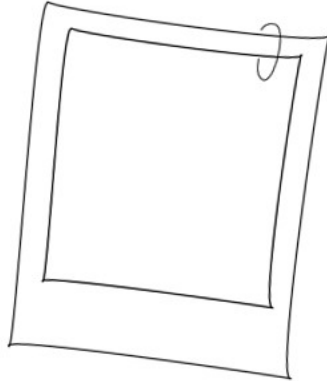
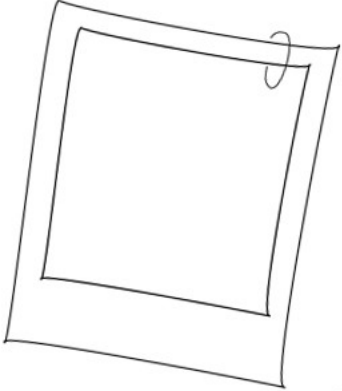
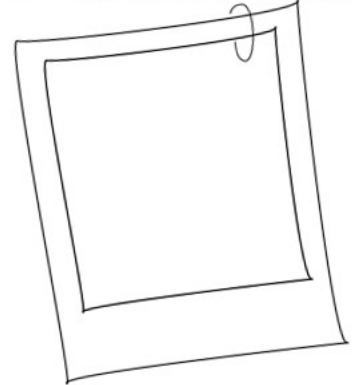
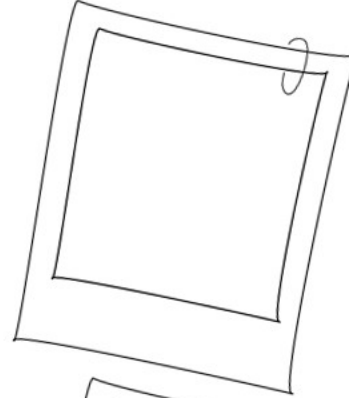
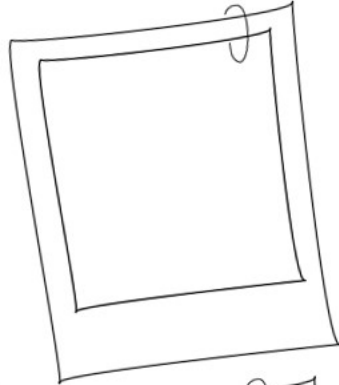
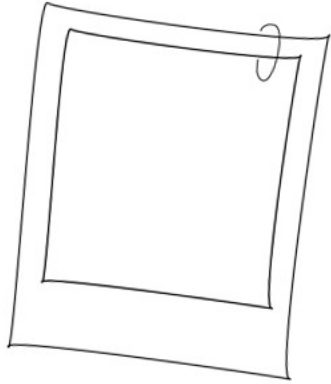
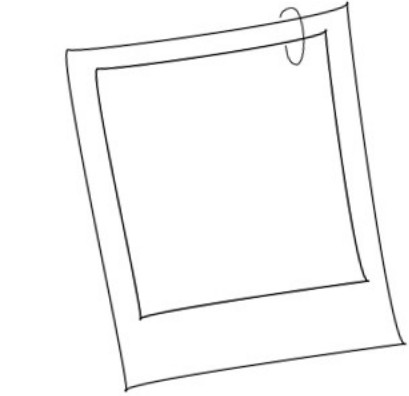
## WEEK 2

What is worrying you today? You can jot it down here. Write down what you need to do about your worry. What calming strategy can you use? Who can you talk to?

Day	My worry	What can I do about my worry?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# HAPPINESS

What made you feel happy today? Draw a picture or write in each box.





# FEELINGS

*How do you feel today? Draw your facial expression for each day.*



# DRAWINGS

Draw anything  
you like on this  
page

# WRITING

Write anything  
you like on this  
page

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