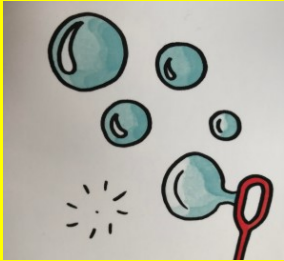


A Therapeutic Treasure Deck of Activities



Below are some activities, which all come from 'A Therapeutic Treasure Deck' by Karen Treisman. We love Karen Treisman's resources in school and would definitely recommend them to any parents needing ideas to support their child's mental health and wellbeing.

Blow bubbles, feathers, a balloon or water through a straw.



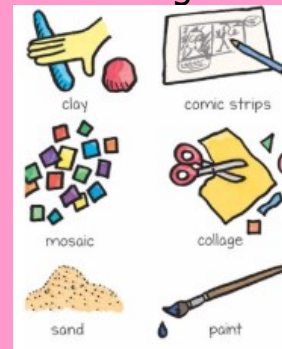
Imagine they are worries or tricky thoughts floating away.

Squeeze items using alternating hands (Left then right, left then right).



E.g. a stress ball, clay, playdough, aroma dough or an orange

Show how you are feeling, using:



Choose a soothing, relaxing and calming colour.



Breathe the colour and the feeling in, and send it throughout your whole body, noticing it travelling and filling your whole body, from your toes all the way to your head.

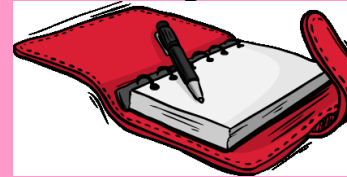
Do some colouring in, trace a picture or draw a mandala.



Spend time in nature



Write how you are feeling using a...



journal, song, poem, rap.

Make some rhythmic movement:



E.g. playing the drums; stamping your feet; dancing; clapping; listening to a heartbeat bear.

Breathing and Regulation

Creativity

Physical & Sensory