

# Nurture & Wellbeing Activities

Below are some of our most popular nurture activities so you can recreate 'Nurture Groups' from home.

## Peer Massage

A chance to take some time to slow down and connect, using one of the handy guides attached to this overview.



## Soothing Box

Create your own soothing box, full of things to keep you calm, grounded and regulated when you feel funny.



## Keepie Uppie

Keep a ball, balloon or feather off the ground and afloat for as long as possible. Can you beat your best time?



## Teddy Bear Breathing

Lie on your back, with a soft toy on your stomach. Breathe in for 5 seconds, then out for 5 seconds and watch as your animal moves with you.



## Self-Regulation HIIT Workout

Use the attached ideas to create yourself a sensory workout when you need to release some energy.



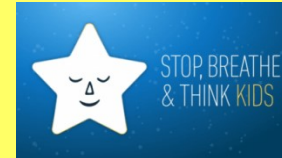
## Board Games

Take the opportunity to play any board games you might have to reinforce those rules around turn taking, winning, losing, etc.



## Stop, Think & Breathe Kids

A meditation and mindfulness app, which helps children to use creative visualization in a mindful way.



## LEGO

Use the attached resources to have a go at LEGO Therapy, one of our favourite groups at school to reinforce lots of different social skills.



## Things I Can / Can't Control

It is easy to become overwhelmed by all the things you can't control. This activity might help you find those things you can.



## Worry Monster / Dolls

Use the templates attached to make your own worry monster or doll, who can gobble up all your worries.



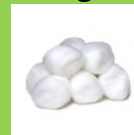
## Portraits

Try drawing a portrait of one another, making sure to play close attention to those special features that make us unique.



## Cotton Wool Football

Set up your own mini desktop goals and a cotton wool ball, then compete to see who can blow the ball and score the most goals.



Breathing and Regulation

Arts & Crafts

Physical & Sensory