

Peer Massage



To start

Ask permission to give each other a peer massage.

Deep breathing - 3 deep breaths in through the nose and out through the mouth.

TAKE 5 BREATHING



Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.

SHOULDER ROLL BREATHING



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

Peer Massage

Weather forecast

Put your glasses on so we can watch the weather forecast.
(Draw three circles around the shoulder blades then one stroke down both arms.)

Rain (fingers rain down back.)



Wind (sweep across back.)



Cloudy (sweep across back in swirls.)

Lightning (draw jagged lightning down back.)



Snow (brush snow off back.)



Sun (draw an arc.)



(Mix these up and add others e.g. whirlwind, rainbow, etc.)



Peer Massage



Playground

Let's go to the playground now that the sun is out.

Swing (curved movement across back.)

Slide (stroke from top of head down to shoulders and out.)

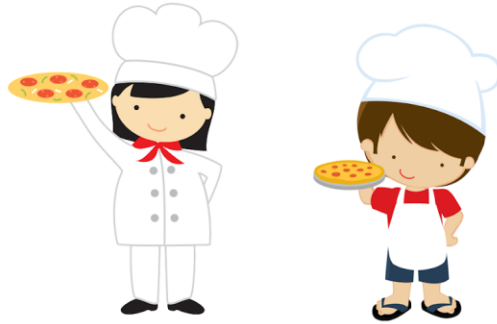
Seesaw (cross body movement - right hand on left of waist, sweep diagonally upwards to right shoulder and squeeze. Repeat with left hand.)

Ice skating (sides of hands parallel on either side of spine, move back and forth up and down back.)

Mix these up and add other activities e.g. building sandcastles, climbing frame / ladder, etc.



Peer Massage



Pizza

That's made us hungry; let's make a pizza.

Knead dough (knead shoulders.)

Stretch out dough into a circle
(sweep in circular motion around back, starting small and getting larger.)

Scoop sauce (cross body movement to draw around shoulder blade in the shape of a scoop.)

Spread sauce (stroking movements around back.)

Add toppings (draw shapes of chosen toppings on back.)

Sprinkle cheese (use tips of fingers as cheese.)



Peer Massage



Wildlife Park

I see a sign for the wildlife park. Let's visit the animals.

Bunnies - Turn to sit in pairs, facing each other. Use your fingers to make little bunny hops on the palm of your partner's hand. Repeat on the other hand, then swap over.

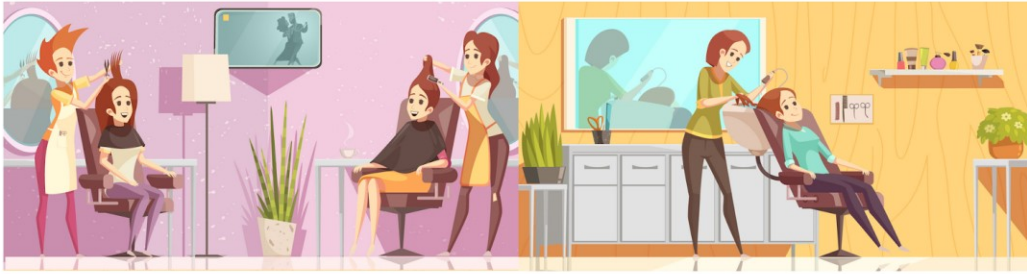
Monkeys - Use both hands to 'climb' up your partner's arm, gently squeezing at each step. Repeat on the other arm, then swap over.

Bears - Turn back to sit in the line. Use flat hands to bear-walk your way up each other's backs.

Horses - Firmly brush down the shoulders and back with the palm of your hands.



Peer Massage



Hairdresser

Our hair is a bit of a mess after all that. Let's go to the hairdresser.

Spray water (run fingers over hair.)

Shampoo (small gentle circles, careful not to tangle hair.)

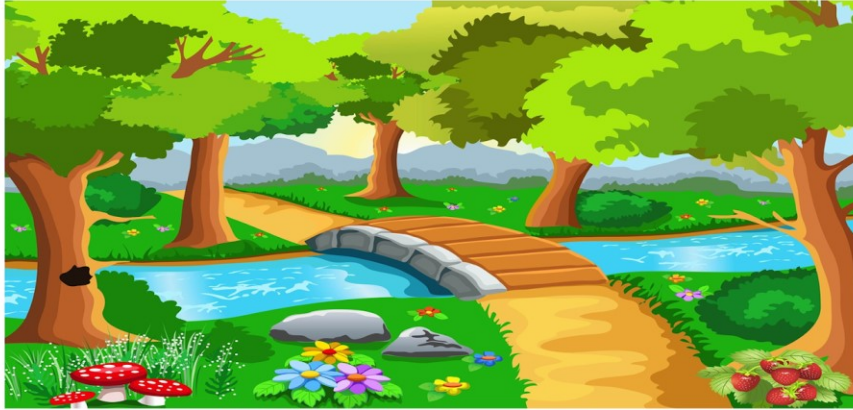
Rinse (stroke straight down hair.)

Blow dry (gently lift ends of hair.)

Optional - Style (decorate with feathers)



Peer Massage



Car journey

It's time to head back home.

Show your route along the roads, using your fingers as the car wheels.

Go round the roundabouts a few times until you find the right exit.

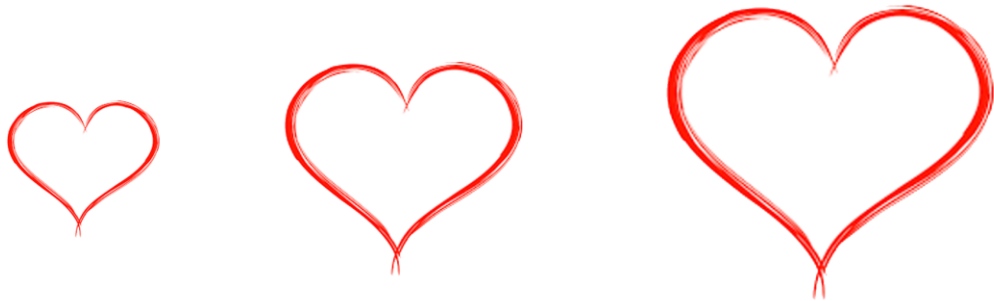
Travel on a fast motorway, then slow down as you turn off onto a winding country road.

Stop at the traffic lights and tap your fingers on the steering wheel while you wait for the lights to go green.

You might stop at some mountains / shops / seaside (draw them.)



Peer Massage



To finish

Show we care about each other by drawing 3 different sized hearts on back.

Deep breathing - 3 deep breaths in through the nose and out through the mouth.

Thank each other.



7-Minute HIIT Work-Out for Self-Regulation

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

LEGO Therapy – Rules



Group Rules



1. Models must be built together by the group.
2. If you break something, fix it or ask for help to fix it.
3. Ask before taking something from someone else.
4. One person speaks at a time.
5. Use calm indoor voices and kind, polite words.
6. Listen to others.
7. Do not put Lego bricks in your mouth.
8. Everyone helps to tidy away at the end.

LEGO Therapy – Role Cards

Print A4, laminate double-sided, hole punch top section and attach lanyard

Front of role card ↓

Back of role card ↓

 **Engineer** 

My job is to:


- Read the instructions.
- Tell the supplier which pieces to find.
- Tell the builder how to put the pieces together.

I must not touch the bricks or the model.

 **Engineer** 

Things I might need to say:

- Please can you wait quietly for me to look at the instructions?
- I don't think that's what we need. We need...
- Can you turn the model so I can check it?
- I don't think that brick fits like that. Try this...

 **Supplier** 

My job is to:



- Listen to the engineer.
- Find the pieces that the engineer has described.
- Give the pieces to the builder.

I must not look at the instructions or touch the model.

 **Supplier** 

Things I might need to say:

- Please can you tell me the colour / the shape / how many bobbles?
- How many of these do we need?
- Have I found all the pieces we need for this step?
- I'm not sure what you mean, please can you explain differently?

 **Builder** 

My job is to:

- Collect the pieces from the supplier.
- Listen to the engineer.
- Follow the engineer's instructions to build the model.

I must not look at the instructions. I may only touch the bricks I have been given.

 **Builder** 

Things I might need to say:

- Please can you pass me the bricks that you've found?
- Where should I put this piece?
- I'm not sure what you mean, please can you tell me again?
- This isn't working, can we do something differently?

Things I Can Control and Things I Can't Control

Why not try a little activity based on 'Things I can control and things I can't control'?

Create two boxes and put pictures / notes about the things you can't control in one, and the things you can control in the other. Start with 'Can't Control' and then think of related things that they can control.

If you don't have physical boxes, just draw them on paper. The 'Can't Control' box could be smaller and placed inside the other one, to highlight how many more things there are that we can control.

If your child needs some prompting, some ideas might be:

I can't control:

I can only leave the house for exercise

I can control:

I can think of fun ways to exercise.

I can choose whether I'd like to exercise inside or outside today.

I can go into the garden.

I can put rainbows in the windows to connect with people outside.

I can't control:

I can't see the people I care about.

I can control:

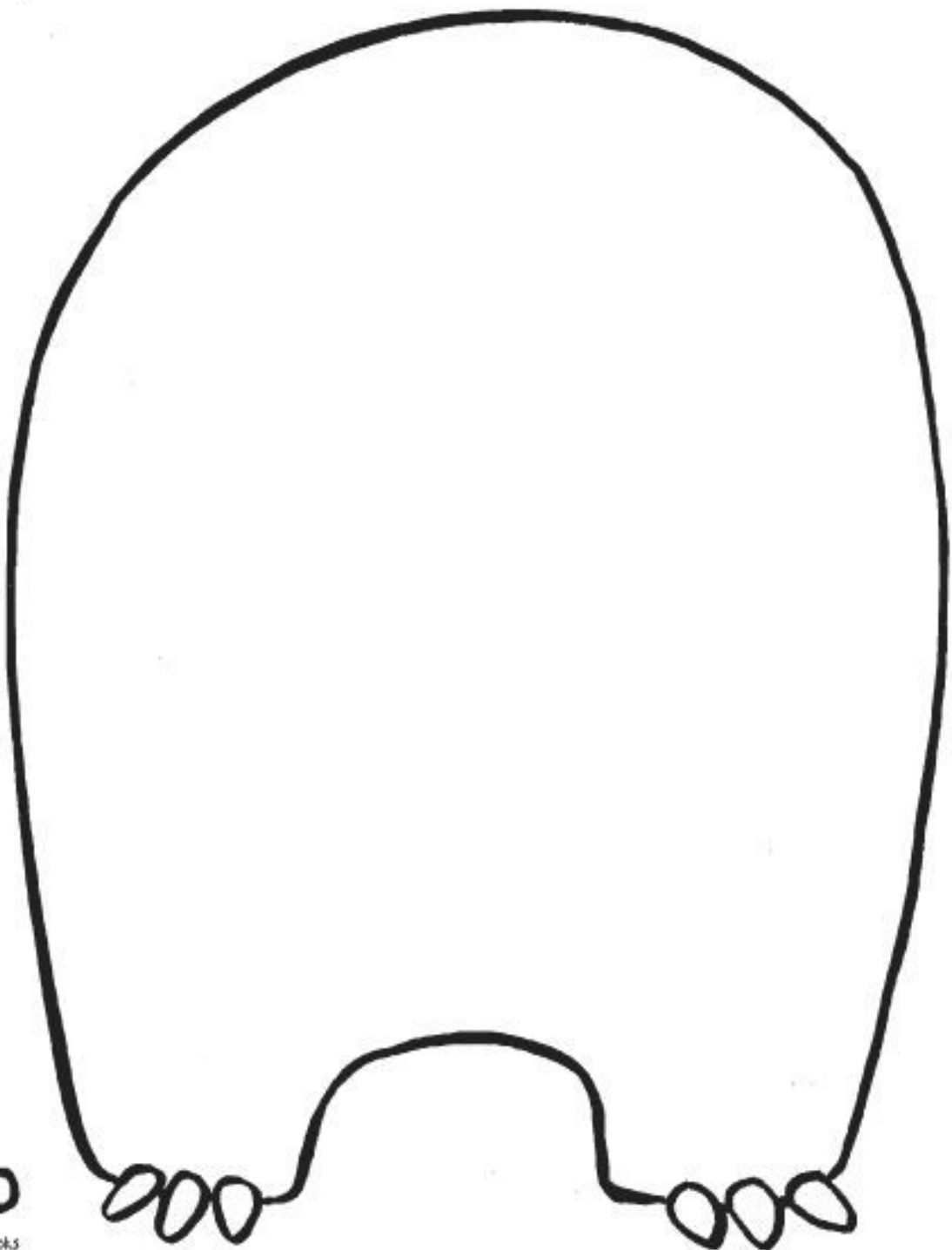
I can make cards, draw pictures, and write letters for them.

I can keep in touch by phone or FaceTime.

I can plan what we'll do when I see them again.

Make your own
MONSTER!

By _____



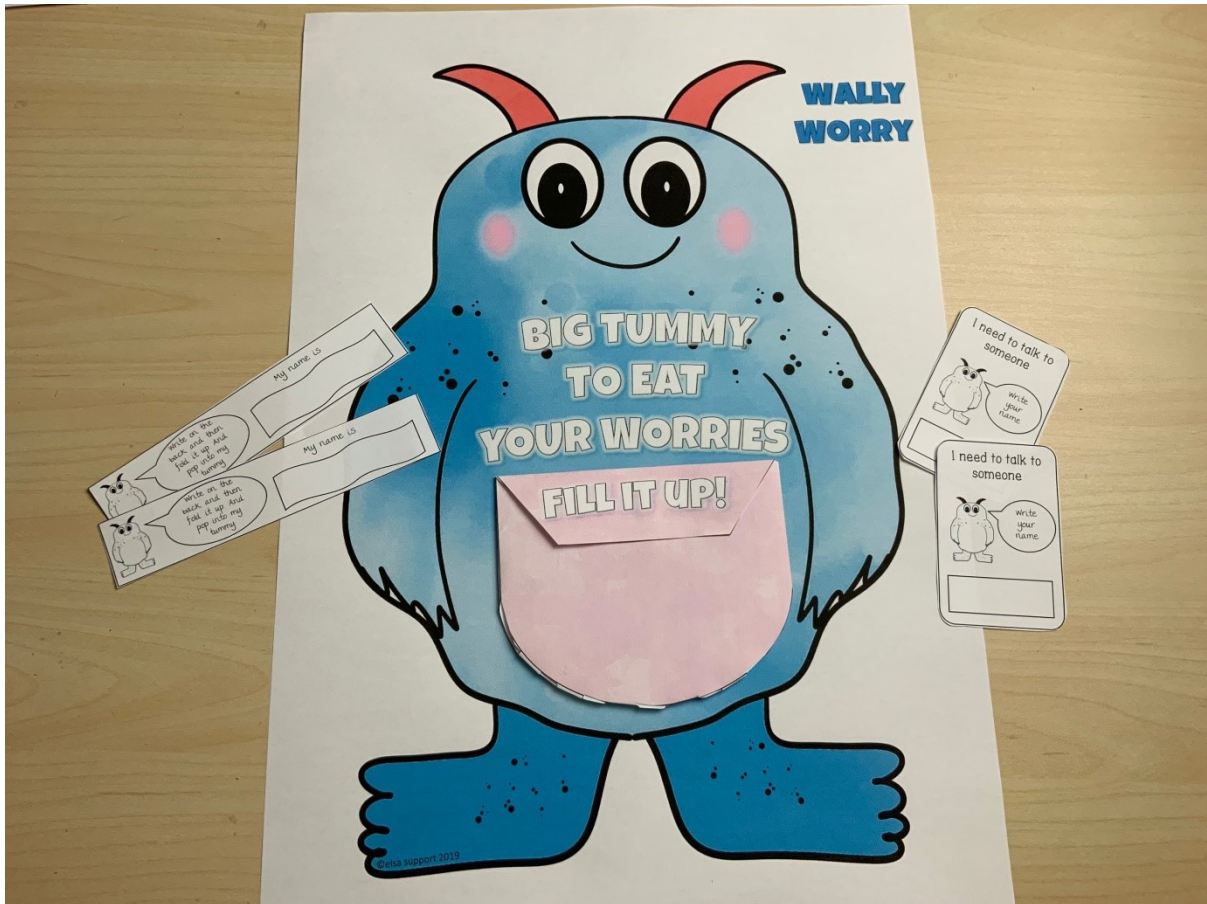
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dICKLING
b

David Fickling Books

My monster's name is _____

How to make a worry monster on paper



You will need:

Paper

Felt tips, crayons or paints

An envelope (included template to print out if you don't have one)

Glue

Scissors

Googly eyes (if you have any)

cardboard

You can design your own monster or there are some templates available online.

1. Draw your monster (needs to be quite big)
2. Colour and design it however you wish

3. Cut out carefully using scissors
4. Glue it to the cardboard
5. Cut around the monster again
6. Glue the envelope to its tummy so you can feed it your worries
7. On the envelope you can write:
I'm your little worry monster
and I just want to say
feed me any worries you have
and I'll eat them all away!
8. If you have a worry, write it down and feed it to your monster.

How to make a worry Monster

If you want to make your own worry monster, you can make it using different materials you may have at home. You could use empty cereal boxes, milk cartons, milk tops, boxes, paper. Use whatever materials you wish, it's your own design!

Materials you may need are:

Paper

Scissors

Glue

Felt tips, crayons or paints

Boxes

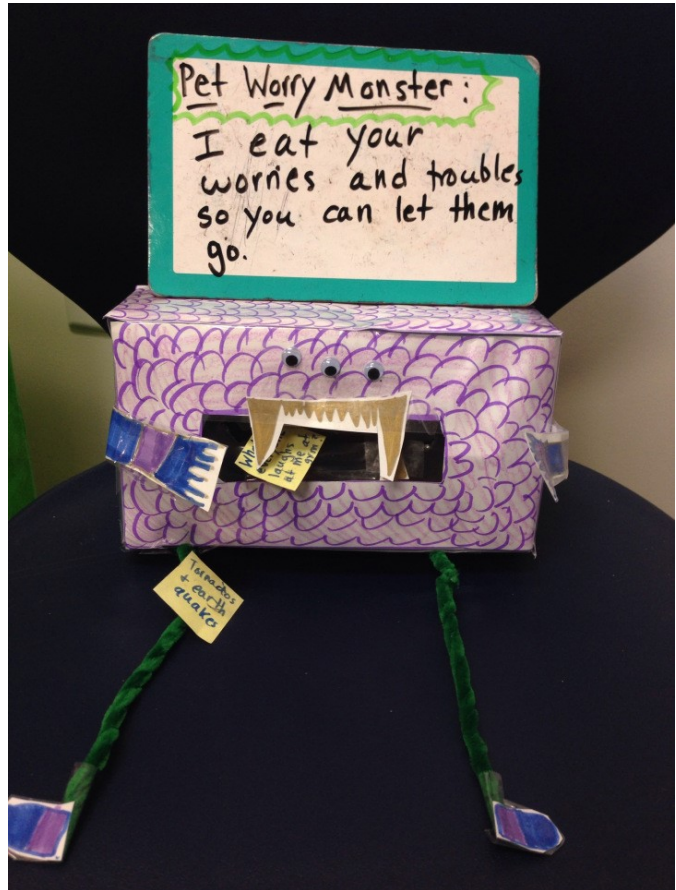
Milk tops

Tubes

Cardboard

Pipe cleaners

Sellotape



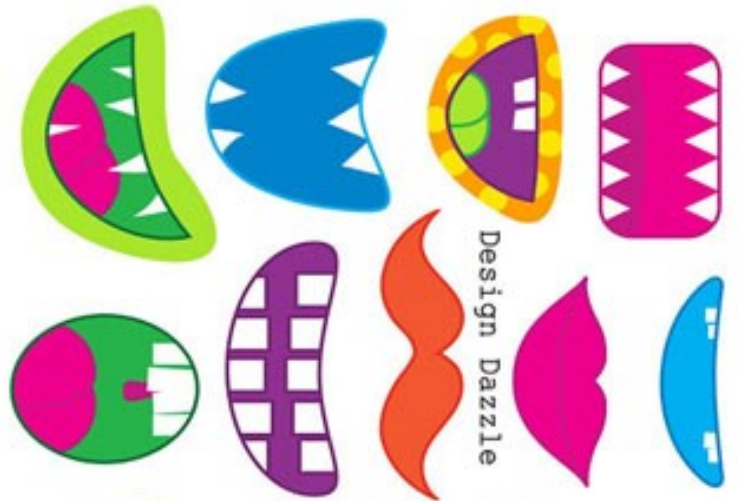
1. Decide on the body for your monster
2. Cover it in paper and give it lots of colour
3. Make sure you leave a big enough space for a mouth so it can eat your worries
4. If you can't leave a mouth, I have attached an envelope template below and you can place them in there
5. Give it features, eyes, arms, legs, hair whatever you want it to have

6. Write the poem that I have wrote below- either on the envelope or on the monster's tummy. If you're using the envelope- glue it to the monster
7. Your monster is finished and you can now feed it with any worries and it will eat them all away!

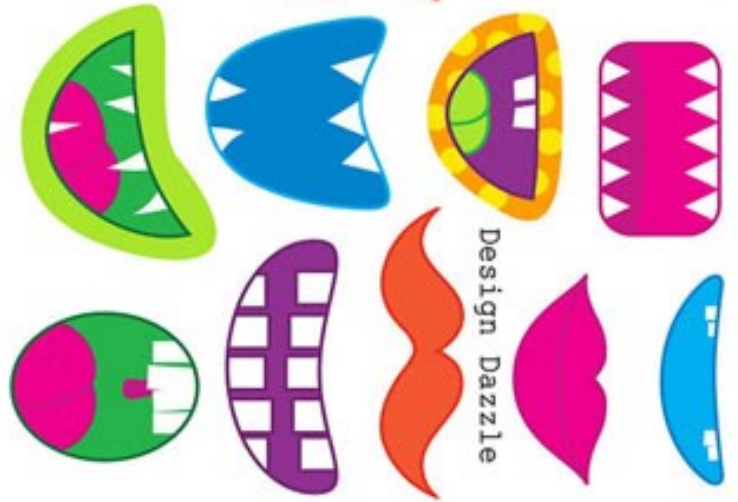




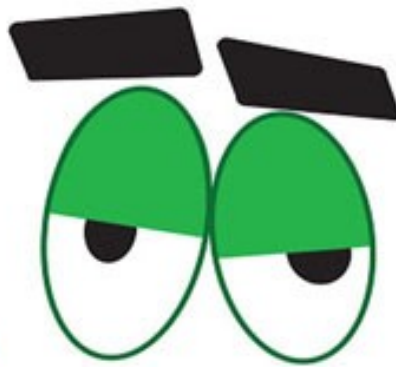
Design Dazzle



Design Dazzle



Design Dazzle



Design Dazzle

