

When something unexpected happens which turns our world upside down,

we can find ourselves swirling, and tumbling around.

All of a sudden things don't feel right.

What we know is now not there and the new world can be a fright.

While the world outside of us puts itself back together, we can build a world inside of us to keep and treasure.



Let's imagine there is a castle inside of you which is strong, safe and peaceful. A place that nobody else can enter, it is only for you.

Your challenge is to create this safe and secure castle, what would it look like? Choose one of our ideas to make your castle...

Recycle- collect any paper, cardboard or plastic and make a castle

Make an indoor den- use blankets, pillow and anything you have to create a cosy cave

Go outdoors! Collect sticks, moss, bark and anything else to create a castle

Draw!
Draw castles for different creatures..

Use lego, blocks or even books and create a tower. Talk about what it would be like living high off the ground

Make a list of things that make you feel safe or homely. Compare your answers

For this activity you need to find some space as you're going to be moving around and you'll need some music. It works best for a group of children- as it is a version of "musical statues".

Cut out the characters below and show them to the group. Discuss which emotion each character has and what they are doing.

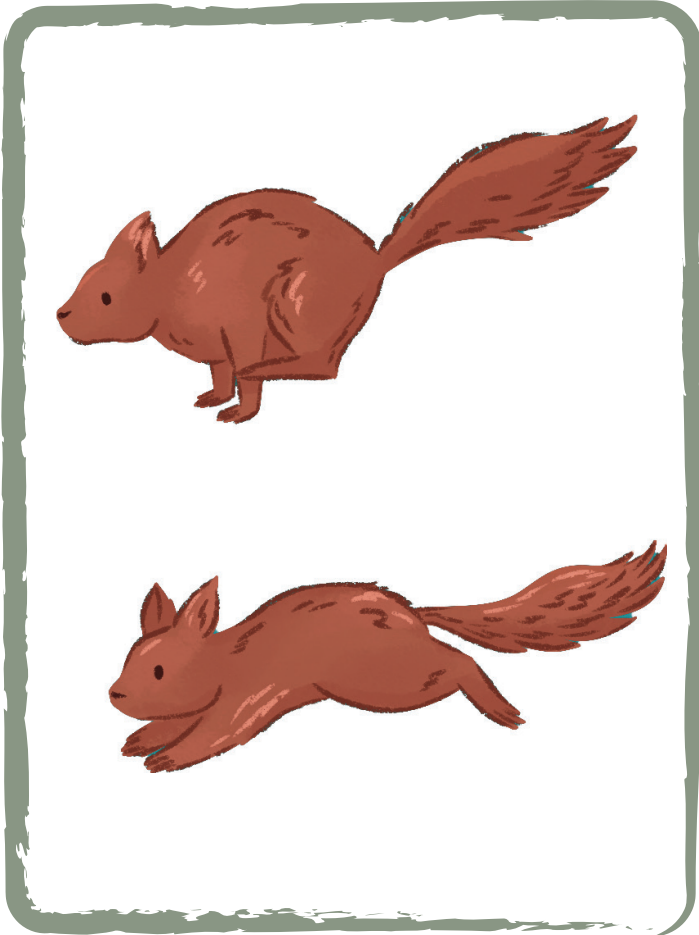
Once the music starts the children have to move around in the style of whichever character you hold up.

Once the music stops whoever moves is out until there is a winner.

Change the characters about during the song and don't forget to award the best mover!



Let's Move it!



1. Invite the child to make a list of different things which help them feel good. Encourage them to think about a variety of activities which link to different aspects of their well-being (spending time with others, hobbies, learning, physical etc).

2. Using the template, ask them to create a card for one of the feel-good activities. On the back of the card ask them to identify who they enjoy doing this with or who helps them to include this into their week.

3. Task the child to share their card with the person who they have identified on the back.

Why not create another - there is no limit to how many activities they wish to share. You could even create a "deck" of Comfort Cards



Write the activity here

Draw the activity here

Tell us more about it
When do you do it?
Where?
What's the best part?

How many stars
would you give
it?
Colour them in

Blank area for writing the activity name.

Blank area for drawing the activity.

Four horizontal lines for writing details.

Five white stars for rating.

Large blank area for drawing or additional notes.

Who helps you include this activity or who does it with you?