



ELSA SUPPORT 14-day Home Challenge

Click the BLUE writing to take you to a resource which you can download and print.

[5 day Kindness to yourself challenge](#)

How can you be kind to yourself? This is 5 sessions of activities so you can choose to do it all in a day or do it over a full week. Being kind to yourself will really help your wellbeing

[Bucket full of happiness](#)

What makes you feel happy. Can you fill the bucket right to the top with all the things that make you feel happy?

[Rainbow mood tracker](#)

Can you track your mood with this mood tracker. Colour in a bit of the rainbow each day. Wonder what your finished rainbow will look like?

[Relax tips](#)

Read through the relax tips and see if you can come up with some things that help you to relax.

[Wellbeing Rainbow](#)

Can you do the five things you need to do each day to help your wellbeing? Take a look at the wellbeing rainbow and try and include each thing every day

[Lockdown reflections](#)

Have a go at this worksheet and see if you can reflect on what has happened, the best bits, what you have learnt, how resilient you have been.

[Warm and fuzzy jar](#)

What makes you feel warm and fuzzy? Fill the jar up with stickers each time you do something that makes you feel warm and fuzzy.

[Feelings hunt](#)

Go on a feelings hunt around your family today. You could even telephone people in your family who are not living with you and ask them how they are feeling. Write each feeling in a heart on your sheet.

[About me Puzzle piece](#)

Fill in a puzzle piece all about you. There are prompts at the side to help you. Make it colourful with lots of drawings and writing. Invite all your family members to do one too. You could stick them up on the wall all connecting to each other.

[Favourites game](#)

Give your wellbeing a boost by playing this game with someone else in your family. It is good to think about all the things that you really like.

[Starring YOU!](#)

Decorate this bunting introducing yourself. You are amazing so show everyone!

[Roll a story](#)

All you need is a die, a pen and some paper. Roll the die to work out what your story will be about.



[Sunny Smiles](#)

Draw a BIG smiling face in the centre of the sunshine and then all the things that make you smile in each ray of the sunshine.

[Take away bag](#)

Which good memories do you want to take away with you from lockdown? What stands out as being a good and happy memory?

