

# Write a worry journal



For some children, talking about their worries can help them to release their emotions. If your child finds it difficult to express their anxieties and concerns, writing down their feelings can be an effective tool. Encourage them to keep a worry journal to help them work out what's bothering them and think about ways to make them feel better.

## How to write a worry journal

Pick a method which works for your child. Writing a simple list, using a spider diagram or even drawing or painting to express these feelings can be useful.

You might wish to choose a special journal for this activity or create one yourself by searching "how to create a paper book" or "simple book binding".

If you're not sure what to write, try to think about some of these questions:

1. What is making you feel worried today? Why?
2. If you could speak to your worries, what would you say?
3. Write down what you are thinking about most today. How is it making you feel?
4. Write down three things you've achieved today, no matter how small.
5. Can you think of all the ways you can take care of yourself to help feel better?

Write these down and describe how they will make you feel better.

**Top tip: It's important to give your child space to express their thoughts without fear of judgement, so if they ask you not to read it, respect their privacy.**

# Make a memory book

This memory book is a fun indoor activity to do together, and it's something special to keep. It will help your child learn about reading, drawing, and choosing things they like.

## First, you will need:

- A scrapbook
- Pens, pencils or crayons
- Photographs, magazines and catalogues
- Child-safe scissors
- Glue

## Method:

- Step 1:** Help your child decorate the cover of the scrapbook and write their name on it.
- Step 2:** Help them choose their favourite things: books, toys, pets, people, TV shows. Help them draw them in the books.
- Step 3:** Pick out family photos and things they like from any magazines you have around your home. Stick them in together.
- Step 4:** Keep collecting things like tickets, photos and drawings to add to the book.

**Top tip:** Children love to read about things they have done or about people who are important to them. Making a memory book is a way to build their self-esteem and confidence.



# Activities to try outside

Your child will love these activities while walking to nursery, the shops or playing in the park. They are the perfect opportunity to bond together and can be done anytime that you're outside.

## Get out and about

Find different places to go and try not to be put off by the weather! Talk about what you see, hear and do...

...in the rain

...at the shops

...on the bus

## Scavenger hunt

In the park, try a scavenger hunt. See if you can find something:

- Green
- Round
- Tiny
- That makes a crinkly sound
- Animals can eat

## I spy

As you walk down the street, play a game of I spy to talk about what you see. For example, "I spy something tiny", "I spy something blue" or "I spy something climbing up that wall".

## Cloud watching

Lie down on your back or sit and look up at the sky. What shapes do the clouds make? Maybe you can see a dragon, or a bus. Can you make up a story about what you can see?

## Sing nursery rhymes

Sing nursery rhymes as you see things on your walk. For example, The Wheels on the Bus if a bus goes past or Five Little Ducks if you see ducks in the pond.

## Remember favourite stories

Bring stories to life by talking about them when you're out and about. For example, if you spot a caterpillar, talk about the book The Very Hungry Caterpillar and see if your child can remember some of the food that the caterpillar ate.

You could take a book with you to the park or build a den to read a story in your garden or outside space.

## Make some marks

- Use a light, floaty scarf to make big swirls and patterns in the air
- Make boot prints in the mud or after jumping in puddles
- Find a long stick to dig and make shapes in mud or sand



# Make your own friendship cookies

Bake these friendship cookies with your child to share with their friends.

Following receipes is a great way for your children to practise reading and chatting.

## You will need:

- 225g caster sugar
- 300g plain flour (sifted)
- 200g of butter melted
- 1tsp vanilla extract
- 1tsp of baking powder
- A pinch of salt
- 1 egg
- 100g–200g chocolate bar or chocolate chips (if you want to make chocolate chip biscuits)

## Method:

**Step 1:** Add the sugar and melted butter in a bowl and mix together.

**Step 2:** Sift the flour, baking powder, vanilla and salt together and add to the sugar and butter mixture. Add the chocolate chips at this stage if you're making chocolate chip cookies.

**Step 3:** Mix together using your hands. Once you get a dough-like texture, add the egg and knead using your hands again.

**Step 4:** Spread some butter onto a baking tray. Take some of the dough, roll into ball then flatten a little. Repeat until you have used up all the dough. Make sure you keep them on the small side as they spread out during baking. Don't keep biscuits close to each other otherwise they will get stuck together.

**Step 5:** Place in the oven and bake at 160C or gas mark 3 for 10–20 mins. The bigger the cookies, the longer they'll take to cook. They're ready when the edges are a bit golden.

