

30 Day Challenge

for children



Make a video and get a parent/carer to send it to your school friends

Do a family video chat with a grandparent or family member you normally see regularly

Write a letter to a friend and ask them to send you one back

Set a friend or relative a 'challenge' to be completed by the end of the day

Video or call a family member and listen to a story read by them

Pop a letter or picture through a friends door to let them know you are thinking of them



Make an obstacle course in your house or garden

Go for a family walk. Run, hop, skip and jump – be frogs and bunnies and horses all the way!

Put on your favourite song and dance around the room

Create a new physically active game you can play in the house or garden and share with your family

Play 'Balloon Volleyball' - blow up a balloon and see how long you can keep it in the air for

Walk like a crab around the living room with an object balancing on your tummy



Plant some seeds and watch them grow over the coming months

Create a time capsule and draw yourself a picture to remember this time

Do a bug hunt in your garden or look on your windowsill and count how many different birds go past

Make a list of 10 things that make you happy – you can draw them if you'd rather

While on a walk how many different flowers can you spot – can you draw them when you get home?

Pretend to be Spider Man with super sensitive senses. Lay down and take deep breaths in and feel the breeze around you



Build a den in your living room and think about caves and how they were formed

Draw a river using chalks and talk about how the river changes shape and why

Take a virtual tour of a museum or zoo – what have you learned today?

Do a puzzle that you have never done before or play word search – online games are great for this

New Food Friday! Experiment with different flavours and textures while at home

Find out about healthy snacks and put together a list and swap one snack a day to a healthy one



Make a card to send to someone who is celebrating a birthday during this time of self isolation

Check on elderly people within your community - put a note through their door offering help

Leave flowers or a note on a neighbours doorstep to let them know you're thinking of them

Take a video of you dancing or singing and send it to a friend or family member who is on their own

"Sharing is caring" encourage sharing and taking turns by taking turns in deciding what to play

Share good stories with friends and about what has worked for you and made you smile

30 Day Challenge

for young people



Write a letter to a friend and ask them to send you one back

Take an hour to play an online game with a friend – remember not to sit there all day!

Take 5 minutes to find out how your parents or carers are feeling/coping

Set a friend or relative a 'challenge' to be completed by the end of the day

Take some time to call an elderly relative and tell them you're thinking of them

Pop a letter or picture through a friend's door to let them know you are thinking of them



Go for a walk or bike ride with your family

Do an online workout - there are lots on YouTube

Find a fun way to do 15 minutes exercise in the house - you could use household items as weights

Put on your favourite music and dance around the room

Using a ball of string zig zag it from various heights and objects. Climb through without touching the string!

Set up a video chat with a friend and exercise together for motivation



Make a self soothe box (<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>)

Make a list of 10 things you are grateful for

Plant some seeds and watch them grow over the coming months

Have a tech free day - read a book, watch a film, play a game with your family or be out in the garden

Take notice of your environment by practicing yoga or deep breathing exercises

Be mindful of others. Think about the people you know and how they are feeling at home, stay in touch



New Food Friday! Learn to cook a new meal or sweet treat

Sign up for a class or new activity you can start once social distancing finishes

Take a virtual tour of a museum or zoo – what have you learned today?

Challenge yourself – learn a language through online resources or learn about a time in history

Don't let social distancing stop you from doing something every day that you've never done before

Pick it up that instrument sitting in the corner and start playing it! Or download a piano or drum app!



Make a care package to send to an elderly relative for example some pictures, treats

Check on elderly people within your community - put a note through their door offering help

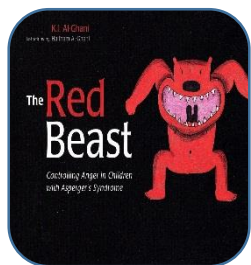
Leave flowers or a note on a neighbour's doorstep to let them know you're thinking of them

Cook (or help to cook) a meal for your family

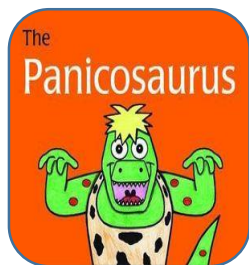
Arrange a video call with friends or family that may need a chat

Share good stories with friends and about what has worked for you and made you smile

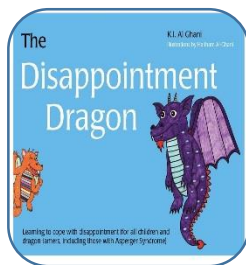
Suggested children's books to support discussing emotions



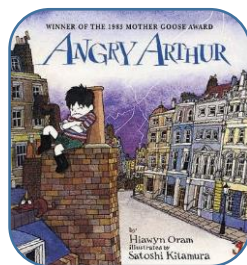
Red Beast
(controlling, anger)
K.I. Al Ghani



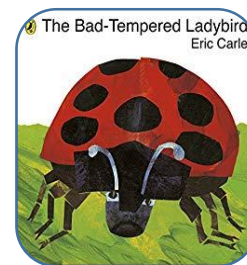
Panicosaurus
(anxiety)
K.I. Al Ghani



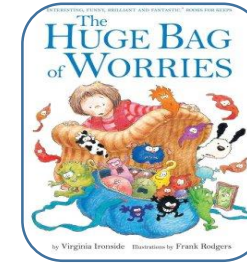
Disappointment Dragon
(coping with disappointment)
by K.I. Al Ghani



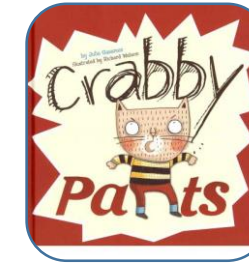
Angry Arthur
(anger)
Hiawyn Oram



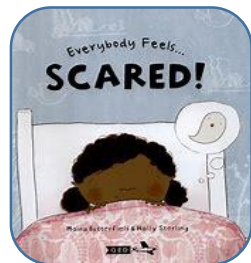
The Bad Tempered
Ladybird (anger)
Eric Carle



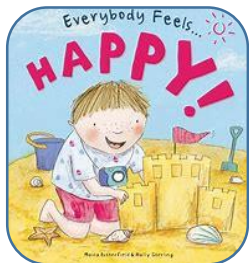
The Huge Bag of Worries
(anxiety) by Virginia
Ironside



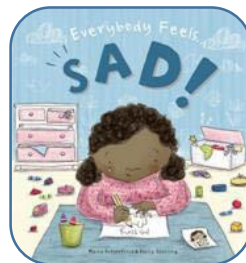
Crabby Pants
(cross)
Julie Grassman



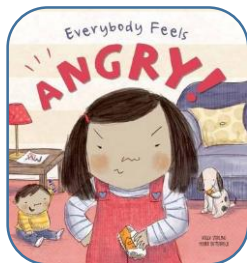
Everybody Feels Scared
(scared)
Moira Butterfield



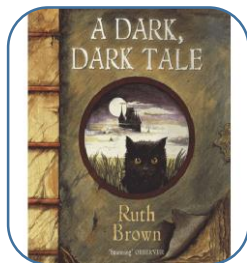
Everybody Feels Happy
(happy)
Moira Butterfield



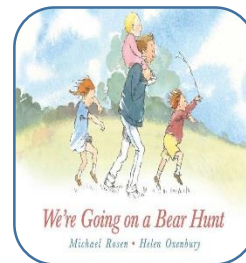
Everybody Feels Sad
(sad)
Moira Butterfield



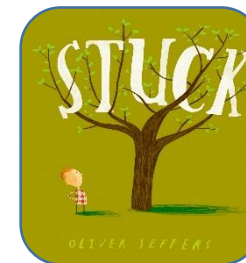
Everybody Feels Angry
(anger)
Moira Butterfield



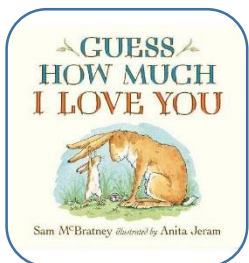
A Dark, Dark Tale
(scared)
Ruth Brown



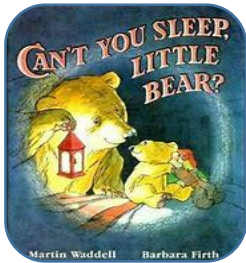
Going on a Bear Hunt
(scared)
Michael Rosen



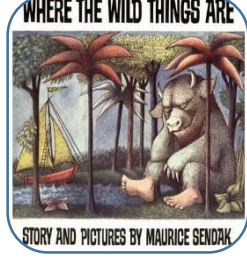
Stuck
(problem solving)
Oliver Jeffer



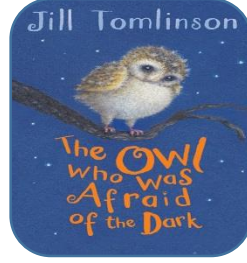
Guess How Much I Love You
(love)
Sam McBratney



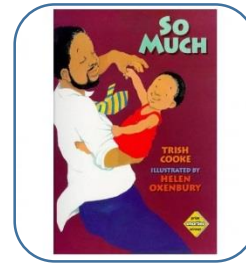
Can't You Sleep Little Bear
(afraid/ scared)
Martin Waddell



Where the Wild
Things Are
(lonely/anger)
Maurice Sendak



The Owl Who Was
Afraid of the Dark
(afraid/ scared)
Jill Tomlinson



So Much
(love)
Trish Cooke

Suggested websites for further reading

Plant Love Grow

http://www.plantlovegrow.com/index.html?gclid=EAIaIQobChMIlc2Wxb-x4wIVDbTtCh1VpQifEAAYASAAEgLGRPD_BwE

Happy Maps

<https://www.happymaps.co.uk/>

Emotion Coaching

<https://www.emotioncoachinguk.com/about-us>

Mind

https://www.mind.org.uk/?gclid=EAIaIQobChMluOHYisCx4wIVSrTtCh0CPAkMEAAYASAAEgJX-fD_BwE

Sleep Toolkit – Early Years

<https://edocs.southglos.gov.uk/sleep toolkit-earlyyears/>

Disability Sleep Toolkit

https://edocs.southglos.gov.uk/download/thesouthgloucestershiresleep toolkitspecial educationalneedsanddisability_1354.pdf

What to expect, When

A guide to your child's development

https://www.foundationyears.org.uk/files/2015/03/4Children_ParentsGuide_2015_WEB.pdf