

Bringing the Sunshine Inside

It can be comforting for children to know that while there's uncertainty in our lives at present, the sun rises every day, and flowers are blooming outside.

Make a mini allotment

Grow vegetables all year round in mini allotments on your windowsill.

Make a growing grassy creature

Turn an old pair of tights into a funny-looking head with grass instead of hair!

Pea head person

Another hair-raising idea...try growing a full head of 'pea shoot hair' with this quick germinating seed and enjoy eating the fresh, new shoots as a healthy snack.

Make a potato bag monster

Out of the darkness emerged the great Potato Monster! Put an old potato in a dark place and wait for it to transform. You could even use your imagination to write a short about your potato's new personality.

[Bringing the sunshine inside / RHS Campaign for School Gardening](#)

Art Room Projects

Art is a creative tool to develop resilience and connect with others. Here are some art projects to choose from, to create together. The aim of these projects is to encourage children to create something they want to make. We hope their creativity can be celebrated and social and emotional wellbeing strengthened through this process.



Growth



Key Workers

[The Art Room at Home - Place2Be](#)

Express Yourself

Squiggle Game

Have a go at this 1 minute squiggle game with your children



[The Squiggle Game - Children's Mental Health Week 2021 - YouTube](#)



Draw Your Feelings

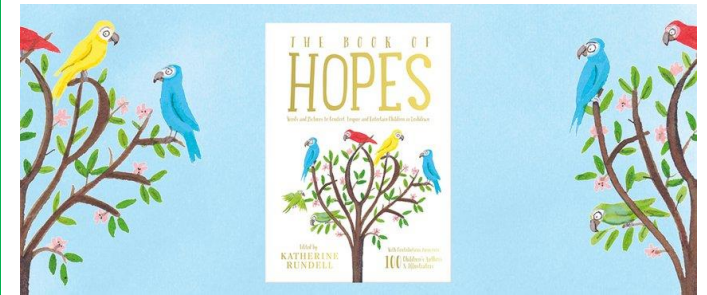
Try this simple drawing activity with your children...



[Draw Your Feelings - Children's Mental Health](#)

Read "The Book of Hopes"

Words and Pictures to Comfort, Inspire and Entertain Children. This extraordinary collection of short stories, poems, essays and pictures has contributions from more than 110 children's writers and illustrators, including Lauren Child, Anthony Horowitz, Greg James and Chris Smith, Michael Morpurgo, Liz Pichon, Axel Scheffler, Francesca Simon and Jacqueline Wilson.



[The Book of Hopes | National Literacy Trust](#)

The Daily Mile At Home

We all need to try to be physically active and The Daily Mile can help almost everyone to do this. We believe that it will be useful for children, parents and carers in helping them to look after their physical and mental health. 15 minutes or more of walking, running or jogging in the fresh air – doing it at whatever pace suits you best and wearing what you'll feel most comfortable in. To keep your family active and motivated, follow these weekly challenges

Week 1 Challenges

[The Daily Mile at Home | The Daily Mile UK](#)