



ELSA SUPPORT 14-day Home Challenge

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

[Design a worry monster](#)

Design your own worry monster. What does it look like? Make it as colourful as you like. Make a list of any worries you have and tell them to your monster.

[Roll 2 dice and answer](#)

A lovely activity for giving self esteem a MASSIVE BOOST! Roll the two dice and add up, answer the questions.
A bit of maths, a bit of writing and a boost of self esteem

[FRIENDS BOOKLET](#)

Everyone is missing their friends at the moment. This is a little booklet which looks at those qualities of a friend

[Starfish Story](#)

This is a lovely story and activity about making a difference. Every small act can make a difference so encourage some kindness at every opportunity.

[Happy Visualisation](#)

What does your 'Happy place' look like. Draw your happy place in as much detail as you can.

[A-Z about me](#)

Children can come up with anything at all about themselves by using the letters of the alphabet.

- A- ARTY
- B- Brave
- C- Caring

[About me Wheel](#)

These wheels can be coloured in and then the child can answer the questions in each segment. You will need a split pin to put it together.

[Characteristics](#)

Print off the poster or just look at it on your screen. Which characteristics does your child have. Get them to draw a picture of themselves Can they choose 5 or 6 characteristics that relate to them.

[EASTER Challenge](#)

Some fab Easter eggs to colour in. Use the mindfulness of colouring to calm your mind and forget all those worries.

[Pieces of me](#)

Fill in the puzzle pieces with information all about you! Great self esteem booster!

[When you're feeling worried](#)

This activity will help you to make a plan if you are feeling worried about anything. There are some nice calming activities you can try.

[My time in Year](#)

This is a nice transition activity because the chances are you will be going back to school into a new class or even a new school. Take time to reflect on this year.



[Calm and Relax](#)

A lovely booklet to make up with some colouring. Think about things that begin with each letter that you find calming or relaxing

[ELSA Support Self-esteem challenge](#)

5 days worth of lovely self-esteem activities to do. You might even do it in a day if you put your mind to it!

