



Creative Wellbeing School Programme

Five activities to explore with your class

ACTIVITY 1: Sensory Clay Creatures

Group: Year 2 - Year 5

Length of session: 60 minutes

Main objective: Make a 3D clay model of a creature exploring emotions.

Cross curricular subject areas: Art, Design, Literacy

Materials: Air dried clay, water, aprons, newsprint.

Workshop plan:

5 minutes	Brainstorming: Ask pupils to think about a range of emotions and to name them. Write a list of emotions on the board.
5 minutes	Physical exploration: How does our face change when we feel different emotions? As a group, act out the emotion and ask pupils about how it makes them feel.
5 minutes	Physical exploration: How does our body move when we feel different emotions? As a group, walk around the room exploring different emotions.
30 minutes	Craft: Make a small, air-dried clay animal creature that explores this emotion. Watch video tutorial from Merlin Evans.
15 minutes	Craft: Once figurines are dry, paint them and display them in the classroom

How do they
FEEL?



→ PAINT!



ACTIVITY 2: Illustrated Map of Feelings

Year Group: Year 2 - Year 5

Length of session: 60 minutes

Main objective: Draw a map of feelings, exploring map keys and emotions.

Cross curricular subject areas: Art, Design, Literacy, Geography

Materials: A4 paper, teabag, black felt tip pens, coloured pens

Workshop plan:

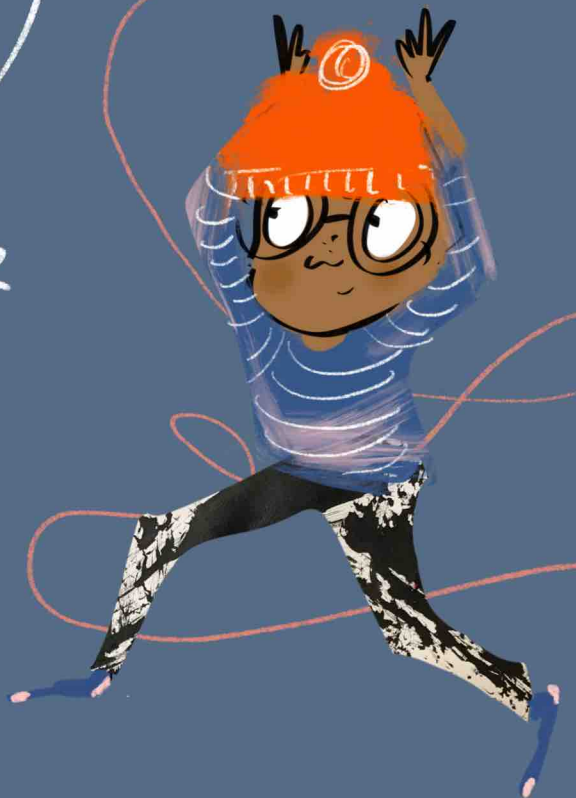
5 minutes	Brainstorming: Ask pupils to think about a range of emotions and to name them. Write a list of emotions on the board.
15 minutes	Explore maps: Show pupils a range of historical maps and explain the role of maps to guide us through landscapes, to help us understand where we are.
20 minutes	Add emotions to the map: Pupils learn about map keys and translate traditional keys into emotions. For example, sharp spikes for angry or soft circles for peaceful.
20 minutes	Drawing activity: Individually or in pairs, pupils draw the contour of an island and fill it with the different emotions mapped onto it and illustrated as a key.



^^^ = Worry hills

⊙ = Tired island

∨∨∨ = Kindness Rock



ACTIVITY 3: Garland of Wellbeing

Year Group: Year 2 - Year 5

Length of session: 60 minutes

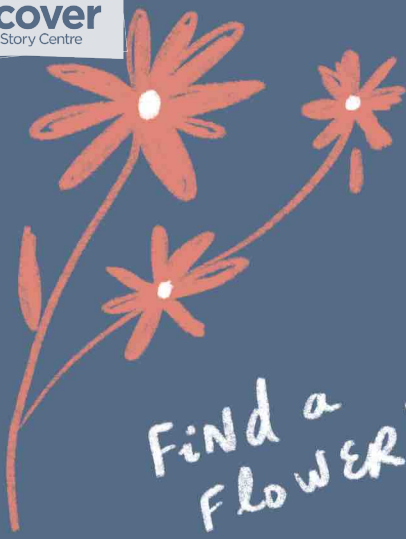
Main objective: Make a collective classroom display with tips and ideas for how to address mental health and wellbeing.

Cross curricular subject areas: Art, Design, Literacy

Materials: Coloured card cut into triangles, hole-punch, ribbon/thread, coloured pens, black felt tip pens.

Workshop plan:

15 minutes	<p>Group discussion:</p> <p>As a group, talk about what pupils can do when they are feeling certain emotions. For example, talk to a friend, talk to a teacher, draw a picture, write a</p>
15 minutes	<p>Group discussion:</p> <p>As a group, think about how pupils might help someone who is having a difficult day. For example, sit with them, listen, read a book with them, play a game, etc.</p>
20 minutes	<p>Craft:</p> <p>Based on group discussion, pupils get a card triangle each on which they illustrate and/or write a tip or idea to help with their own or someone else's</p>
10 minutes	<p>Craft:</p> <p>String all flags together to form a classroom wellbeing garland.</p>



Find a
FLOWER!



Look at
the MOON



DRAW OR
write a story



STRETCH



IMAGES?

WORDS?



CLASSROOM
self-CARE tips!

ACTIVITY 4: Emotions Self Portraits

Year Group: Year 2 - Year 5

Length of session: 60 minutes

Main objective: A new take on the classic self-portrait activity, exploring different emotions.

Cross curricular subject areas: Art, Design

Materials: India ink (washable) or watercolour, A4 Cartridge paper, paintbrushes, water, drying rack, scissors, glue.

Workshop plan:

5 minutes	Brainstorming: Ask pupils to think about a range of emotions and to name them. Write a list of emotions on the board.
15 minutes	Game: In pairs, pupils try to work out what the other person might be feeling according to their facial expression. Ask pupils to focus on eyes, mouth, eyebrows, ears.
20 minutes	Craft: Pupils draw their face and hair in black ink on an A4 piece of paper, using a paintbrush. They draw their eyes, nose, mouth, eyebrows and ears on another sheet of paper.
20 minutes	Craft: Pupils cut out the features (listed above) and arrange on to the self-portrait to explore a range of different feelings and emotions.

Explore mood/Feeling...

INK



Eyes
NOSE
EARS
MOUTH

ALL
SEPARATE
PARTS!



ACTIVITY 5: Illustrated Story Cubes

Year Group: Year 2 - Year 5

Length of session: 60 minutes

Main objective: Illustrate a 6-sided dice and use it to build a story exploring emotions.

Cross curricular subject areas: Art, Design, Literacy

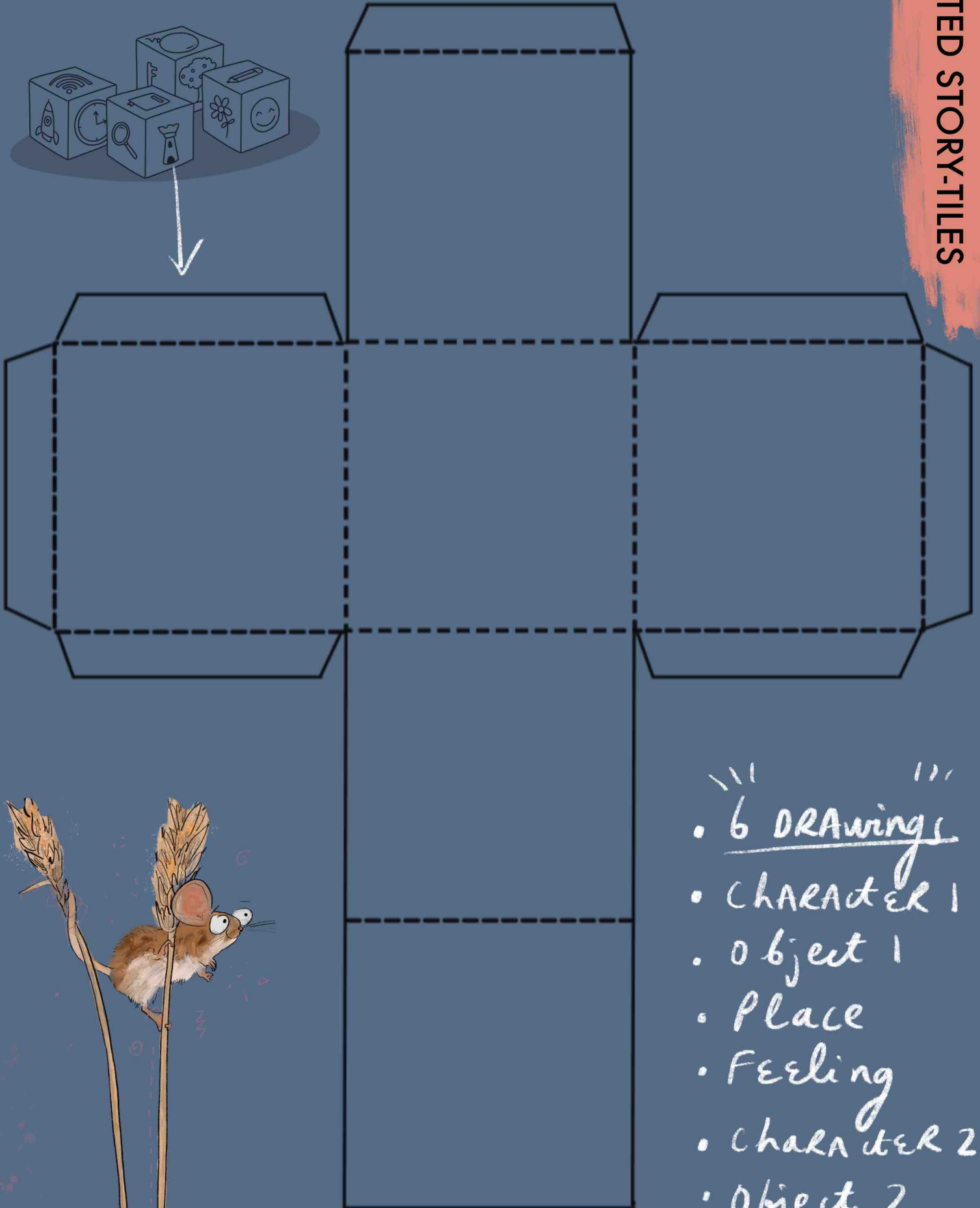
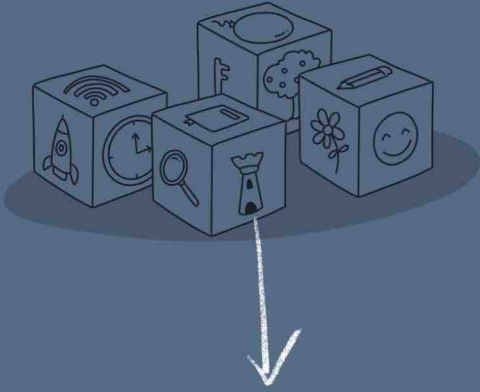
Materials: Handouts of blank cubes, pencils, colouring crayons, felt tip pens, scissors, glue.

Workshop plan:

5 minutes	Brainstorming: Ask pupils to think about a range of emotions and to name them. Write a list of emotions on the board.
20 minutes	Drawing activity: Pupils draw 6 illustrations on their cube nets (activity sheet provided): <ul style="list-style-type: none"> • A main character • A second character • An object • Another object • A place • A feeling.
5 minutes	Craft: Pupils fold, cut and glue the cube net, so it forms a paper 3D dice.
20 minutes	Story Build: Working in pairs, pupils roll their dice and use illustrations to build a story. The following questions are used to guide them: <ul style="list-style-type: none"> • How do the characters meet? • Where are they? • How do they feel? • Why are they feeling like this? • Is there any resolution?
10 minutes	Pupils share their story with the class.

DRAW ON EACH SIDE...

Cut on solid lines - Fold on dashed lines



- 6 DRAWINGS
- CHARACTER 1
- OBJECT 1
- PLACE
- FEELING
- CHARACTER 2
- OBJECT 2

Cut on solid lines - Fold on dashed lines

