

# Recovery Kit

## Recovery activities for children up to 11 years old.

This recovery kit is designed to support you and your child to reflect and look forward positively. Encouraging them to be resilient and not give up, even when they find something difficult or frustrating will help them grow a stronger brain resulting in healthier and happier children.

### Eat al fresco

Plan and make a picnic to have with your family in the sunshine\*.

### Belated celebrations

If you've had a birthday during lockdown, plan a small, late outdoor\* birthday party with games and cake!



### Happiness kit

Create a kit with pictures or items you need help keep yourself happy and steady.

### Be kind to yourself

Give yourself time to wind down. Remember, going back to school will be tiring, give yourself plenty of time to chill in the evenings.

### Be artistic

Explore the power of breathing with straw painting. Drop some paint down on a piece of paper, and then spread the paint around by blowing air through a straw.

### Show compassion

The adults have had a difficult year too, take time to ask them how they are.

### Positive vibes

Create a [Word Cloud](#) for your friends or family to capture positive words that spring to mind when you reflect on the lockdown experience.

### Joyful moments

Make an 'enjoyment jar', and fill it with objects, words or activities that you are looking forward to doing back in school.

### Connection stone

Find and decorate a stone for a friend you have missed with a symbolic picture or words.



### Reflect on your skills

Create a poster with all of the new skills or hobbies that you practised or learned whilst you were out of school.

### Mindful moments

List 5 things you will see in school, 4 things you will hear, 3 things you will smell, 2 things you will touch and 1 thing you will taste.



### History in the making

Create a [scrapbook](#) with pictures, photos, news clippings and notes to remind you of this significant time of history in the making.

Please note, underlined text are hyperlinks to websites.

Thrive® is not responsible for the content on these websites.

\*Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so.

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