

Wellbeing Craft - Things to Look Forward To Jar

Use these craft instructions to create your own wellbeing jar. Having things to look forward to can make you feel happier and improve your wellbeing. Each time you think of something you would like to do in the future, write it on a piece of paper and place it inside your decorated jar.

You will need:

- glass or plastic jar
- scissors
- paintbrush
- white glue
- sticky label or strip of paper
- tissue paper or coloured paper
- pencil
- paper to record the things you are looking forward to



Instructions



1 Cut shapes out of the colourful paper or tissue paper.



4 Write a label for your jar. You could write 'Things to Look Forward To'.



2 Use the paintbrush to put some glue onto the jar.



5 You can use white glue to paint over the top of the shapes on your jar and the label. This will give it a nice, shiny effect.



3 Stick the paper shapes carefully onto the jar.



6 Once dry, your jar is ready to use. Write things that you are looking forward to on pieces of paper and place them into your decorated jar.

Week Beginning: 6th April 2020

Wellbeing Activities - Year 1

Outdoor Learning Activities (for indoor days)

- Make a worry doll.
- If you have a garden or go outside for a walk, collect some natural materials and make some natural artwork. Take a photo and email it to your teacher to brighten their day. Here's some inspiration:



- Plant a seed and watch it grow. Photograph or sketch it as it grows, make a diary of how you have cared for it. Easy growing seeds are sunflowers, sweet peas and beans.
- **What can you see?**
Look out of your window, what do you see? Look at all the natural things, insects, birds, flowers, trees, clouds. Choose something you think is really interesting or beautiful and create a fact file about it.
- **Make a tree!**
Research all the different shapes of leaves there are. Draw some of your own. Colour them in or create different textures on them by doing rubbings over different things, then cut them out. On a large piece of paper or cardboard (or even a window if an adult lets you!) draw a tree trunk and branches. Start filling you tree with the leaves. You could put little messages, quotes or wishes on the leaves.