



# My Strengths Toolkit for Kids

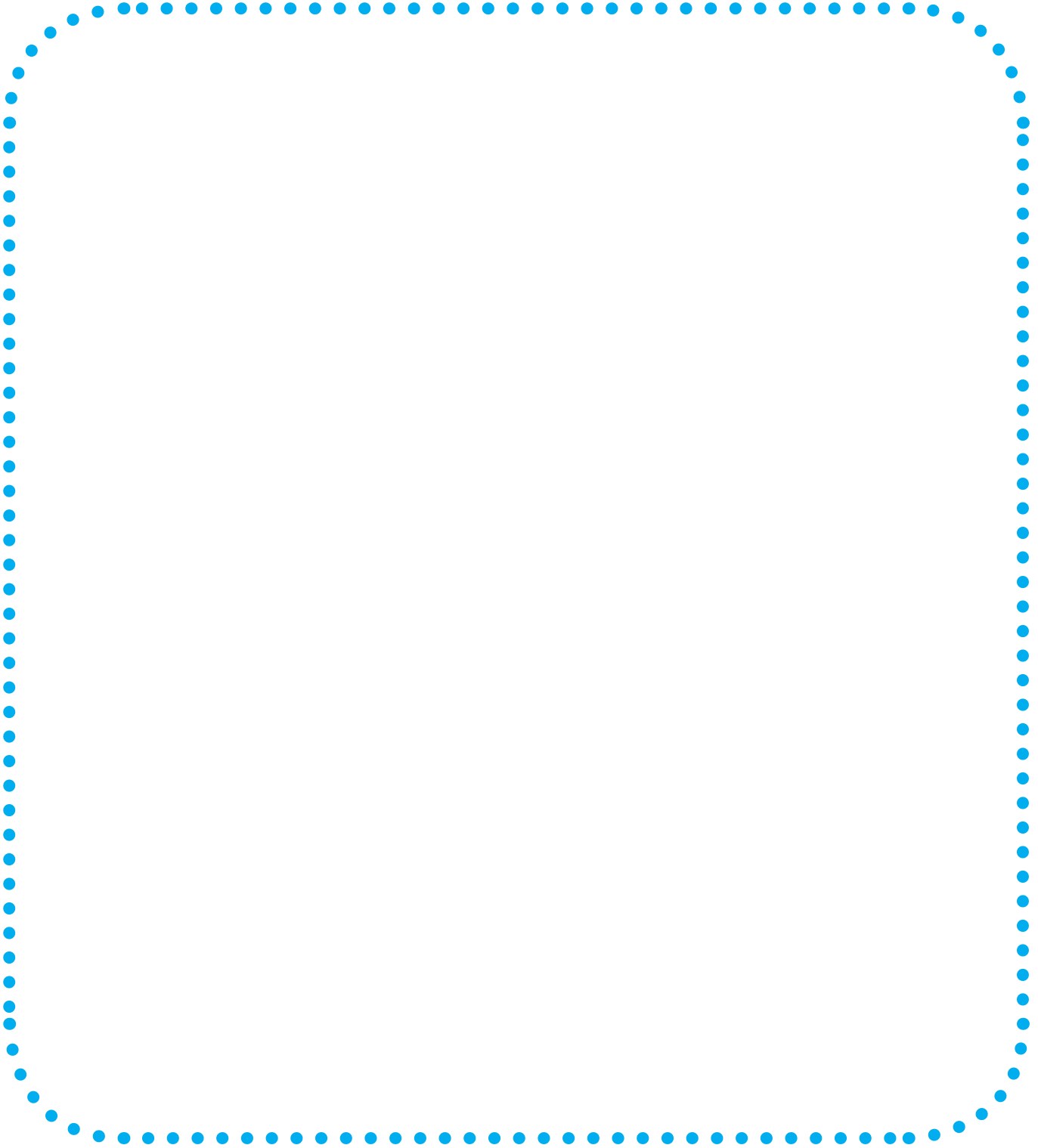


NAME

START  
DATE

END  
DATE

During my extra time at home  
I will...



Don't forget to wash your hands!

# GOALS!!!

I AM GOOD AT

.....

.....

.....

.....

My goal for this week is...

.....

.....

.....

What will I improve?

.....

.....

.....

How will I make these improvements?

.....

.....

.....

If my plan doesn't work what will I do?

.....

.....

.....

Don't decrease the goal,  
Increase the effort

Don't decrease the goal,  
Increase the effort

# Compliment Yourself

Let's be honest.... You rock! There's a lot about you to compliment. Building your confidence means recognizing that you are great.

List at least 5 compliments about yourself. If you are struggling with this, try to ask yourself, "What would a friend say about me?"

1.

.....

2.

.....

3.

.....

4.

.....

5.

.....

The most important relationship you have, is the one with yourself.

# WASH YOUR HANDS



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WRISTS



# Wordsearch

Find the words in the table below.

S	S	E	R	D	W	E	A
O	G	F	T	H	A	I	R
A	E	O	H	A	S	F	M
P	R	O	T	N	H	I	B
N	M	T	S	K	I	N	L
O	S	T	E	Y	N	G	O
S	C	O	M	B	G	E	O
E	Y	E	B	E	A	R	D

ARM  
BEARD  
BLOOD  
COMB  
DRESS  
EYE  
FINGER  
FOOT  
GERMS  
HAIR  
HANKY  
NOSE  
SKIN  
SOAP  
TOE  
WASHING

**“With a clean body, clean hair, clean clothes and shoes, you will feel good and your friends will be happy to be near you. Keep your fingernails and toenails short and clean too.”**

**You should brush your teeth twice a day - after breakfast and before you go to bed. During the day, fill your mouth with water and swish it around to get rid of anything sticking to your teeth.**



Don't forget  
to take  
time to  
yourself  
and relax...

## Fill in the missing words in the Paragraph below

Keeping your body ..... is an important part of keeping you ..... and helping you feel ..... about yourself. You don't need to wear the latest ..... to look good. Your underclothes are in constant contact with your body and collect dead ....., sweat and possibly other stains. Overnight ..... start to work on these stains and make your clothes smell less fresh the next day. That is why we change our ..... every day.

**GOOD – CLEAN - BACTERIA – SKIN –  
UNDERCLOTHES – HEALTHY – BRANDNAMES**



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence



Small acts of kindness towards other people, gives you a sense of purpose and make you feel happier and more satisfied about life.

**Try give something to someone once per day:**

Say thank you to someone for something they've done for you.

Phone a relative or friend who may need support or company.

Make a card for your sibling/parent/guardian

Help out around the house and do an extra chore

Ask if someone needs help with something



# Family discussion cards

As a family answer the following questions.

**FAMILY** 

**WHO IS IN YOUR FAMILY?**

**DIG DEEPER** WHAT MAKES SOMEONE FAMILY?

**FAMILY** 

**HOW CAN YOU TELL WHEN SOMEONE IN YOUR FAMILY IS MAD?**

**DIG DEEPER** LOOK IN THE MIRROR AND MAKE A MAD FACE. WHAT DOES YOUR FACE DO?

**FAMILY** 

**HOW CAN YOU TELL WHEN SOMEONE IN YOUR FAMILY IS HAPPY?**

**DIG DEEPER** WHAT MAKES SOMEONE FAMILY?

**FAMILY** 

**WHAT IS UNIQUE ABOUT YOUR FAMILY?**

**DIG DEEPER** SHARE A SPECIAL TALENT

**FAMILY** 


**WHAT MAKES YOU PROUD OF YOUR FAMILY?**

**DIG DEEPER** SHARE SOMETHING INTERESTING ABOUT YOUR FAMILY

**FAMILY** 

**WHAT HOLIDAY TRADITIONS DO YOU LIKE CELEBRATING WITH YOUR FAMILY?**

**DIG DEEPER** IF YOU COULD INVENT A NEW HOLIDAY, WHAT WOULD IT BE LIKE?

**FAMILY** 

**DO YOU HAVE CLOSE FRIENDS WHO FEEL LIKE FAMILY? WHO ARE THEY?**

**DIG DEEPER** WRITE A LETTER TO A FRIEND OF FAMILY MEMBER WHO LIVES FAR AWAY.

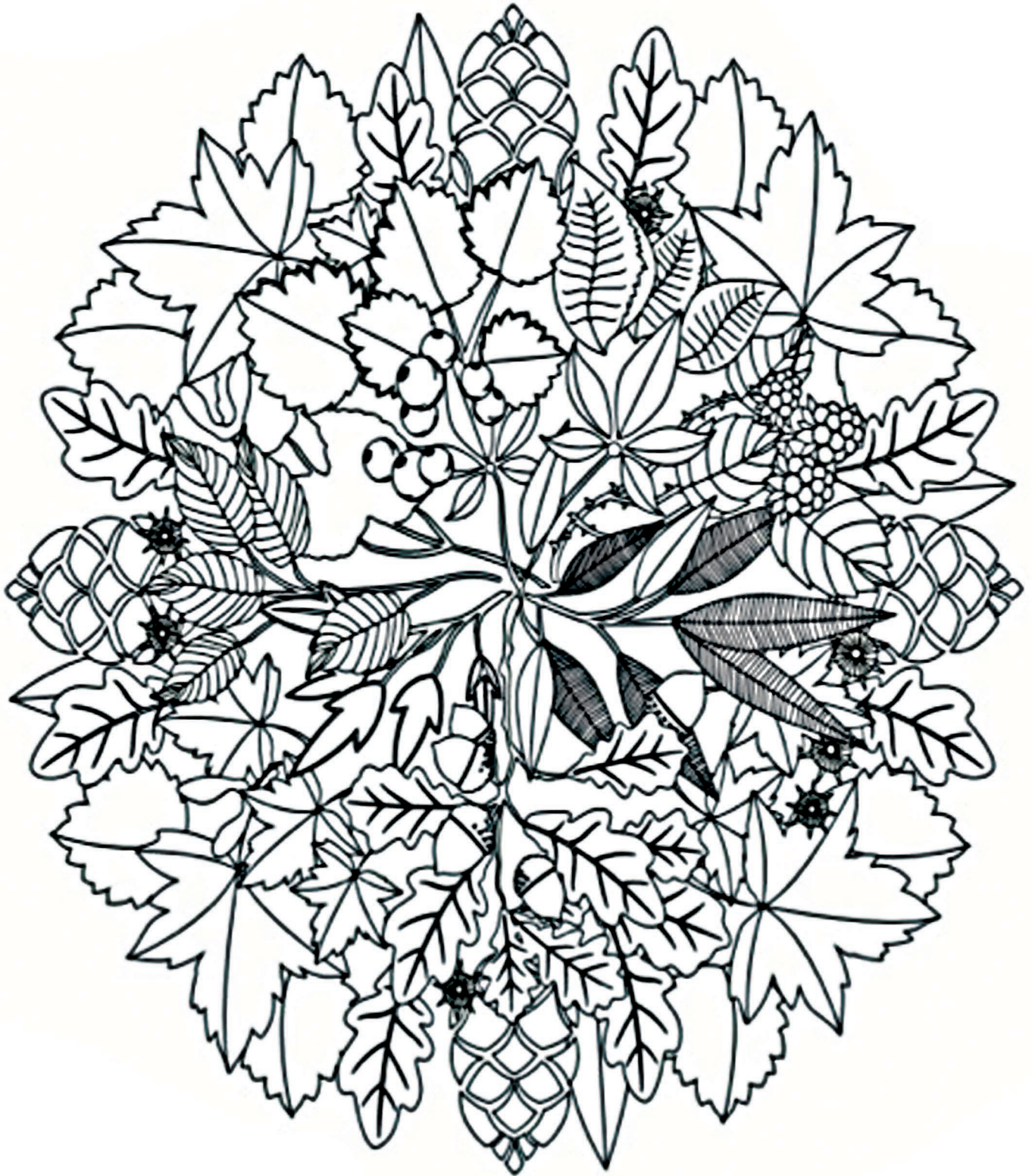
**FAMILY** 

**HOW DOES YOUR FAMILY SHOW THAT THEY CARE?**

**DIG DEEPER** SHOW SOMEONE THAT YOU CARE BY SAYING SOMETHING NICE ABOUT THEM.

# Mandala colouring page

Use pencils or paints, or make a collage.



# GARDEN BINGO

GET 5 IN A ROW - UP DOWN ACROSS OR DIAGONAL TO WIN

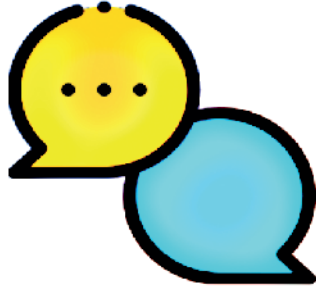


FIRST PERSON TO FIND 5 WINS!

“Adults are just outdated children” Dr Seuss

We understand that this can be a worrying time...

**Worry Coping Cards**



**Talk About It**



**Think About What Is**



**Get Moving**



**Listen to Music**



**Practice a Hobby**



**“No act of kindness, no matter how small, is ever wasted”**

# THIS IS ME

MY HOBBIES ARE ...

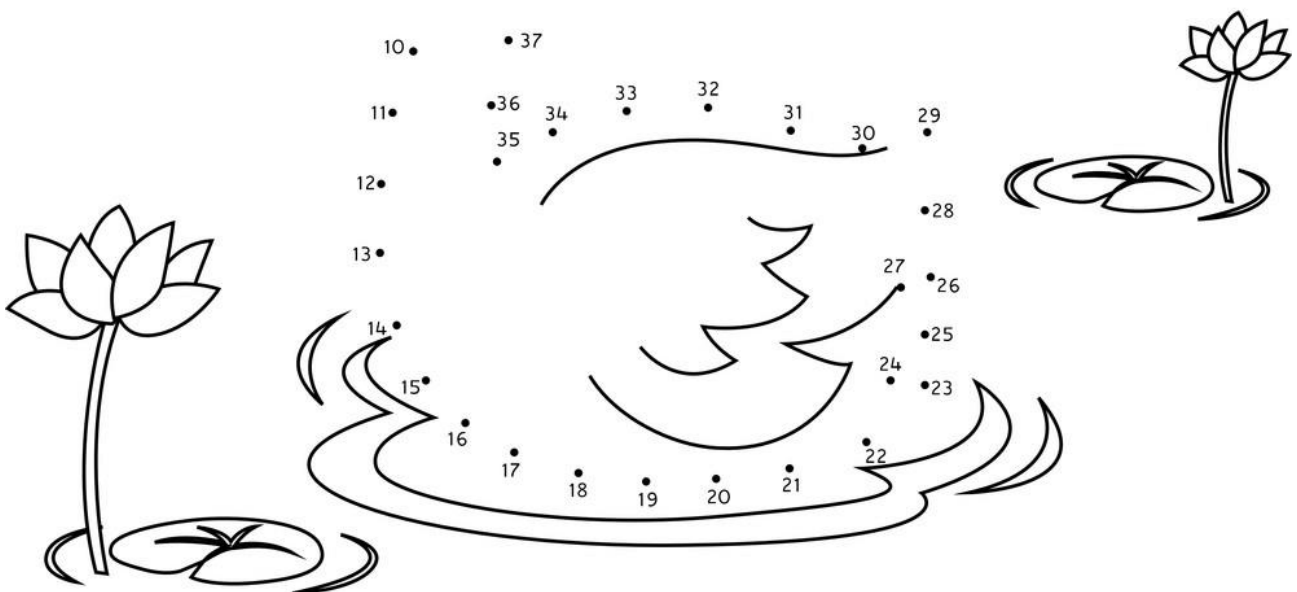
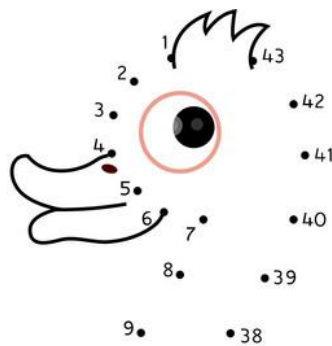
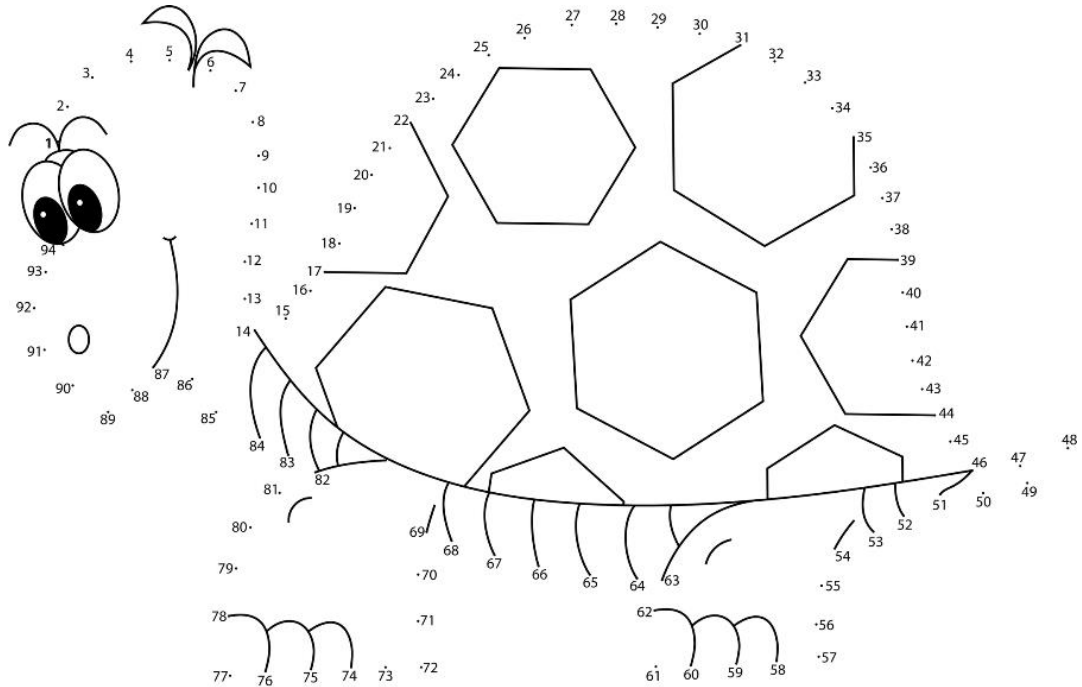
MY AMBITIONS ARE ...

MY FAMILY ARE ...

I AM ...

**THIS IS ME SHIELD**

# Join the dots and see what you discover...



# The worlds easiest recipes that ANYONE can make!

## Easy Peasy Pancakes



### Ingredients

#### For the basic batter

140g plain flour (this is about 200ml/7fl oz)

4 eggs (200ml/7fl oz)

200ml milk

50g butter, melted

sunflower oil, for cooking

### Method

1. To make the batter, tip the flour into a bowl and beat in the eggs until smooth. Gradually add the milk and carry on beating until the mix is completely lump-free.
2. Now whisk in the melted butter. Place a pancake pan over a medium heat and wipe with oiled kitchen paper. Ladle some batter into the pan, tilting the pan to move the mix around the pan and pour off any excess. Cook for about 30 secs until golden, then flip over and cook on the other side. Pile the pancakes up and serve with your favourite filling.

## Pure Wee Buns



### Ingredients

100g caster sugar

100g very soft butter

100g self-raising flour

2 eggs

1 tsp vanilla extract

#### For the icing

200g very soft butter

200g icing sugar

food colouring, sprinkles, marshmallows etc

### Method

1. **Ask a grown-up helper** to turn the oven on to 180C/160C fan/gas 4. Put a paper case in each bun hole.
2. Put the sugar and butter (it must be soft or you won't be able to mix it properly) in a bowl and mix it together. Sift in the flour.
3. Break the eggs into a separate bowl (spoon out any bits of shell that fall in) and add them to the bowl with the vanilla. Mix everything together.
4. Divide between the cases using a spoon, scraping it off with a knife. **Ask a grown-up helper** to put the tray in the oven for 20 minutes.
5. Mix the butter and icing sugar to make a creamy icing. Add colouring, if you like. Push an icing nozzle into an icing bag, then scoop in the icing.
6. Let the cakes cool completely in the tray. Pipe icing onto each cake and decorate with marshmallows or sprinkles, or whatever you like.

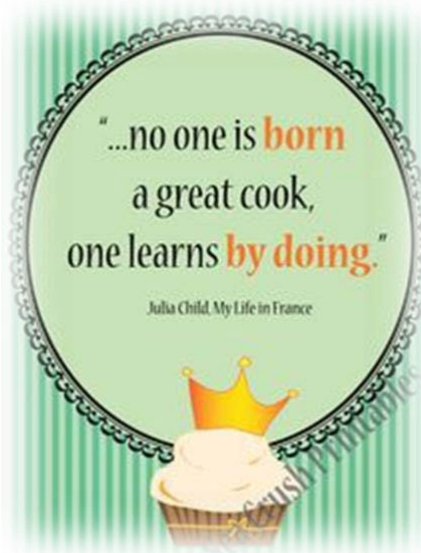
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## Benefits of BAKING

with Kids

1. Builds Math Skills
2. Enriches Oral Vocabulary
3. Teaches Scientific Concepts
4. Boosts Reading Skills
5. Introduces Life Skills
6. Develops Fine Motor Skills
7. Promotes Social Skills
8. Provides Fun "Connect" Time!

One Time Through





# 100+ Indoor Activities

## CRAFTS

MAKE PAPER AIRPLANES  
SALT PAINTING  
MAKE SUNCATCHERS  
MAKE SALT DOUGH  
MAKE SPONGE STAMPS  
MAKE A CEREAL BOX AQUARIUM  
MAKE SCRATCH ART  
MAKE YOUR OWN BOOKMARKS  
PAINT PET ROCKS  
MAKE RECYCLED CRAYONS  
MAKE PAPER BOATS  
FINGER PAINT  
MAKE FRIENDSHIP BRACELETS  
MAKE A BIRD FEEDER  
MAKE PAPER BAG PUPPETS  
MAKE HANDPRINT ART  
MAKE A SCRAPBOOK  
DECORATE T-SHIRTS  
MAKE A THANKFUL JAR  
PAINT LEAVES  
MAKE A TIME CAPSULE  
MAKE BUTTON ART  
PAINT WITH WATERCOLORS  
COLOR IN A COLORING BOOK  
MAKE PAPER CRAFTS  
BUILD A CARDBOARD CASTLE  
MAKE TISSUE BOX MONSTERS  
MAKE A TOILET PAPER ROLL  
BUTTERFLY  
STAMP WITH CELERY  
MAKE CHALK ICE  
MAKE PUFFY SIDEWALK PAINT  
DRAW A SELF PORTRAIT  
USE RUBBER STAMPS  
DO SCRAPE PAINTING  
PAINT A RECYCLED JAR  
MAKE SUPERHERO COSTUMES

## ACTIVITIES

MAKE PLAYDOUGH  
MAKE SLIME  
MAKE PLAY MUD  
MAKE RAINBOW RICE  
MAKE FAKE SNOW  
MAKE A SENSORY BIN  
MAKE A SENSORY BAG  
BUILD A FORT  
HAVE A PILLOW FIGHT  
WRITE A STORY  
MAKE ICE CREAM IN A BAG  
MAKE GUMMY BEARS  
MAKE FRUIT ROLL-UPS  
HAVE A MOVIE DAY  
PUT ON A FASHION SHOW  
BAKE CUPCAKES OR MUFFINS  
DO YOGA  
BUILD AN OBSTACLE COURSE  
MAKE DINNER TOGETHER  
PLAY WITH MAGNETIC TILES  
BUILD SOMETHING WITH LEGO  
USE DOT MARKERS  
BUILD A STACK OF CARDS  
PUT ON A PUPPET SHOW  
MAKE A TREASURE HUNT  
INDOOR BOWLING  
LEARN TO DRAW  
PUT ON A PLAY  
MAKE INDOOR HOPSCOTCH  
DO A FAMILY CHORE TOGETHER  
HAVE A DANCE PARTY  
HAVE A TEA PARTY  
PLAY WITH WATER IN A BIN  
SET UP A PLAY STORE  
MAKE A SOCK TOSS GAME  
MAKE PERLER BEAD ART  
WRITE IN A JOURNAL

## GAMES

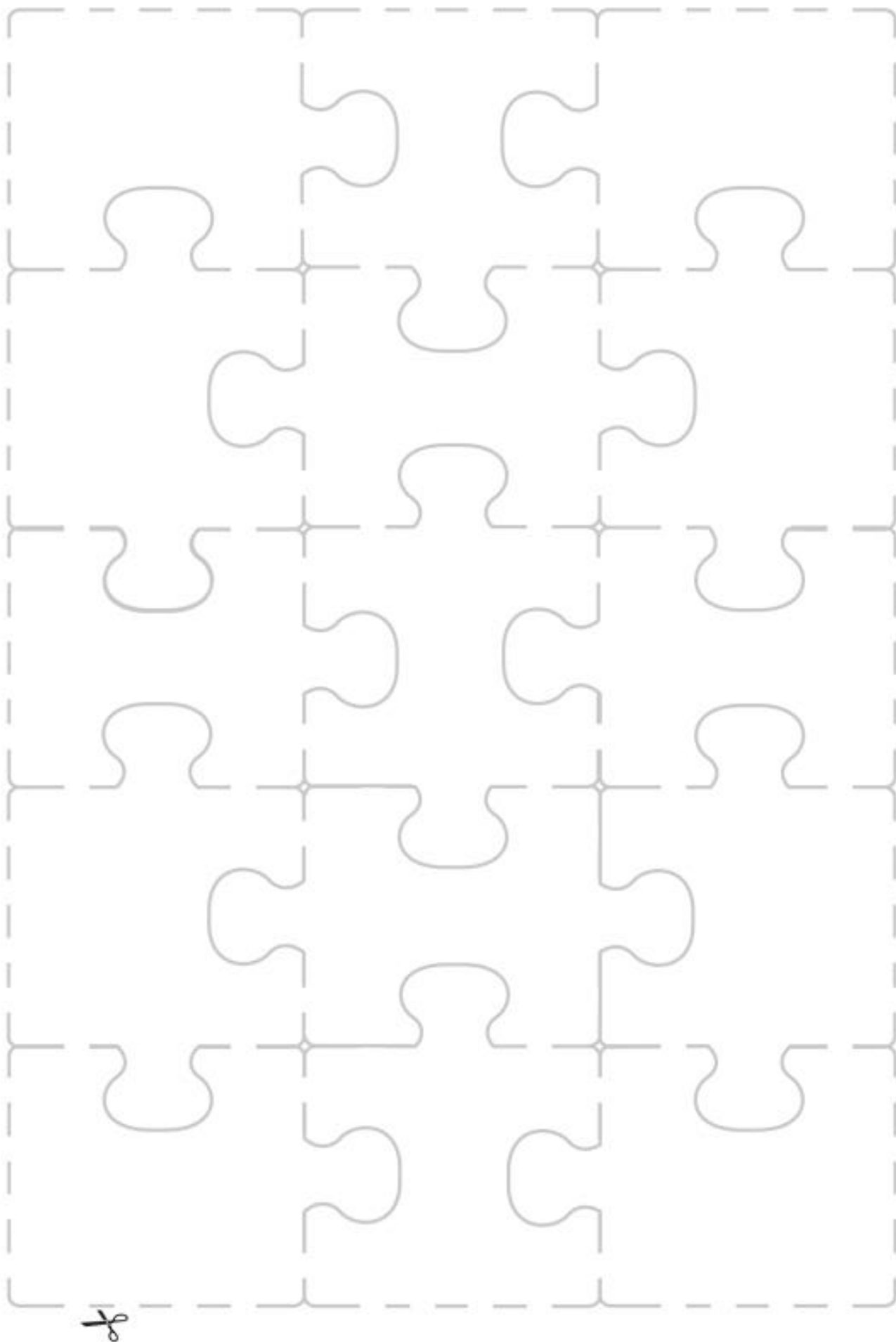
PLAY WOULD YOU RATHER  
PLAY I SPY  
PLAY SIMON SAYS  
PLAY BOARD GAMES  
PLAY HIDE AND SEEK  
INDOOR SCAVENGER HUNT  
PLAY BINGO  
PLAY CARD GAMES  
DO A PUZZLE  
PLAY CHARADES  
BUILD YOUR OWN GAME  
PLAY FREEZE DANCE  
PLAY HOT POTATO  
PLAY MARBLES  
KEEP THE BALLOON UP  
PLAY DOMINOES  
PLAY HANGMAN  
PLAY TIC-TAC-TOE

## EDUCATIONAL

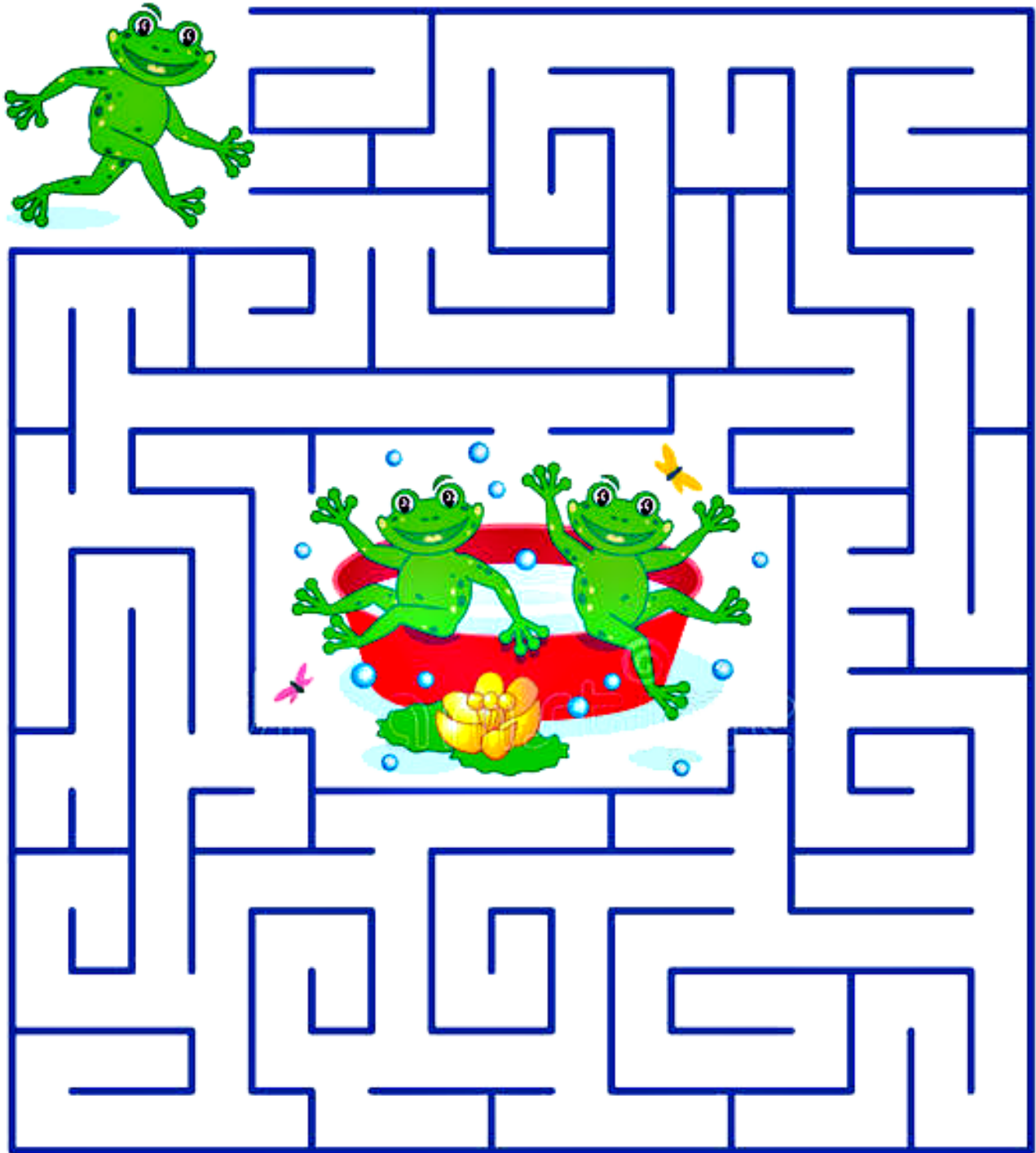
READ BOOKS  
DO A SCIENCE PROJECT  
LEARN ORIGAMI  
LEARN ABOUT A NEW ANIMAL  
LEARN A NEW CARD GAME  
LEARN TO SEW  
LEARN TO KNIT  
DO BRAIN TEASERS  
LEARN A NEW LANGUAGE  
LEARN ABOUT A COUNTRY

# Create-Your-Own Puzzle

Color your own picture, then cut along the dotted lines to create a jigsaw puzzle.



# YOU ARE A-MAZE-ING !!



# Some useful contacts you may need:

**Childline: 0800 1111**

**Barnardos: 02890 668 333**

**Samaritans: 116 123**

**CaraFriend: 0808 8000 390**

**Carers NI: 02890 439843**

**Lifeline: 0808 808 8000**

**Text “SHOUT” to 85258 – 24hr crisis helpline**



**STAY AT  
HOME**

**PROTECT THE NHS**



**save lives**