



Feel Good

Two weeks of feel-good fun to gain the activity badge.

How to earn the badge

1. Do things that you enjoy can help boost your mood:
Active team games or chill out with a craft or a story.
2. Take a minute or two to check in with your feelings and remember what makes you feel happy. Think about what different feelings look like or how they feel. What is your favourite feeling? Think about things that make you feel happy or things you could do to help other people.
3. Connecting with other people can help us to feel good.
You could use your comfy space to play some fun games, sing some songs, or find out something new about your friends.

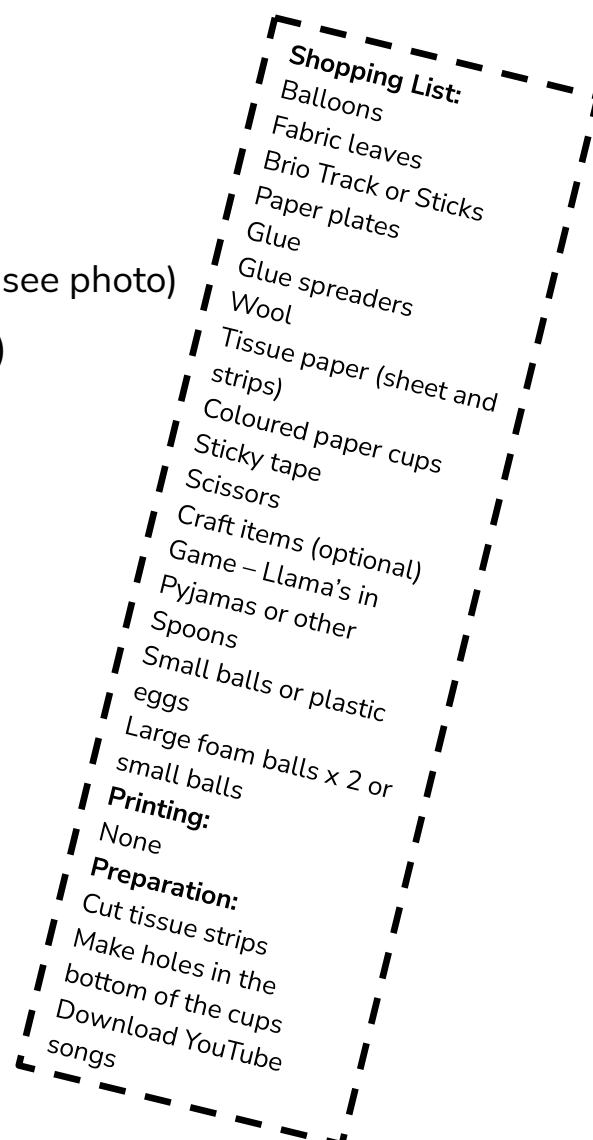


Programme Planner – Week 1

Arrival	Keepy-Uppy Balloons
Story	The Colour Monster
Activity	Autumn Tree Sculpture (base – see photo)
Activity	Llamas in Pyjamas Game (base)
Activity	Mood Plate Faces (base)
Songs	Happy Songs

Programme Planner – Week 2

Arrival	Keepy-Uppy Balloons
Story	Kind
Activity	Egg and Spoon Race (base)
Activity	Over and Under (base)
Activity	Breathing Buddy (base)
Circle	Using the Breathing Buddy Happy Songs





Keepy-Uppy

Prep: Blow up some balloons.

How: Young people try to keep the balloons in the air in pairs

Mood Plates

How: Use craft items to make faces on paper plates and discuss moods back in the group circle; Happy, Sad, Angry etc.

Egg and Spoon Race

How: Using spoons and either plastic eggs or small balls, run relay races.

Over and Under

How: Using either a large foam ball or small balls, two teams race to pass the ball along a line, but they must pass backwards and alternate passing over the head or under between the legs.

Octopus Breathing Buddy

Prep: Cut tissue paper strips and make holes in cups.

How: Take a thick paper cups and carefully, using scissors, cut out a wide hole in the base of the cup to prepare. Choose tissue paper strips in two or three different colours. They should be rectangles, about 10 cm long by around 2 cm wide. Carefully stick the strips of tissue paper along the inside of the widest end of the cup. Use sticky tape or glue.

Add any craft items, such as adding the googly eyes, or sticking on any decorations, mini pom poms or gems (peel off decorations are good).

Back in the circle: Using the breathing buddy...

How: Place the top of the cup over your mouth, where you made the hole. Breathe in through your nose to the count of five, then breathe out through your mouth to the count of five.