

## **Wellbeing Pack Five**

### **Relationship Based Play**

In this pack we have put together some useful activities, games and links to help you support your child to play, relax and manage difficult emotions during school closures.

#### **What is Relationship Based Play?**

Rather than having an educational focus, Relationship-Based Play focuses on enhancing relationships. These games and activities may be useful during school closures as they aim to make your child feel safe, calm and comforted. They also enhance self-esteem and build confidence. Relationship Based Play is a good way to support a child's mental and physical wellbeing. It is playful and interactive and focuses on being together.

Play can also improve the emotional wellbeing of adults and be used as a form of relaxation.

**Click here** to find out more about the benefits of Play. You can also **Click here** to access 35 indoor play activities you can do with your children.

### **Game One: Cotton Ball Hockey**

Sit at either side of a table or lie on your tummies on the floor, mark out a goal at each end. Blow cotton balls back and forth, using a straw, trying to get the cotton ball past your partner's defence. You can make it harder by saying how many blows can be used to get the ball across, or by both trying to blow at the same time. (If you don't have cotton balls, or straws you can use other items, such as; a ping pong ball, rolled up paper to create a tube. **Here is a video to show you how to play.**

## **Game Two: Keep It Up!**

Keep balloon in air using specific body parts, for example; just heads, no hands, shoulders and so forth. If you choose feet, everyone lies on the floor and keeps the balloon in the air by kicking it gently. **Click [here](#) to see how to play.**

## **Game Three: Special Handshake**

Make up a special handshake together, taking turns adding new gestures, e.g. high five, clasp hands, wiggle fingers, and so on. You can develop this over a number of days, adding bits or involving other people in your house hold. Set challenges, see how fast you can do it, can you do it with your eyes closed?

## **Game Four: Straight Face Challenge**

Child has to keep a straight face while you try to make him laugh either by facial

expressions, gestures and touch/tickling. Children can try and make adults laugh also. You can also do this through funny videos ('try not to laugh challenges'). [Click here](#) to find out more.

### **Game Five: Balancing Activities**

The child or adult lies on their back on the floor with their feet up in the air. Place one pillow on the persons feet and help them balance it. Add additional pillows one at a time as long as they are successful. You can also balance books, pillows or hats on your head and walk across the room. [Click here to see](#)

### **Game Six: Post It Note Who Am I**

Each player writes the name of a person on a post-it note, usually this is a celebrity however, you can choose a fictional character from a book or a film. Players swap post-its and stick them on their foreheads.

Players take it in turn asking yes or no questions until they think they can guess who they are. Try to choose someone who your player will know as it helps the game move along. You can make this easier or harder by allowing open questions for example 'do I have long or short hair?' or having a fixed number of questions before guessing. [Click here](#) for an example.

### **Game Seven: Zip Zap Boing**

Get everyone to stand in a circle, place your hands together, palm to palm, and stretch them out in front of you. You can pass a 'zip' around the circle by pointing to someone to the left or right of you and shout 'zip'. You can pass a 'Zap' by pointing to the person opposite you shouting 'zap'. You can deflect a 'zip' by throwing your arms out, facing the person who 'zapped' you and shout 'boing'.

If you say the wrong word or say it too slow you are out. [Click here](#) to see how to play.

## **Wellbeing Challenges**

The following challenges may help support the psychological wellbeing of you and your family at this time. Give them a go and see...

- 1. Have a good chat with a friend**
- 2. Make a logo/badge to represent your main strengths**
- 3. Read a book with someone close to you**
- 4. Draw your ideal future**
- 5. Agree with your parent/carer a new food you could try**