

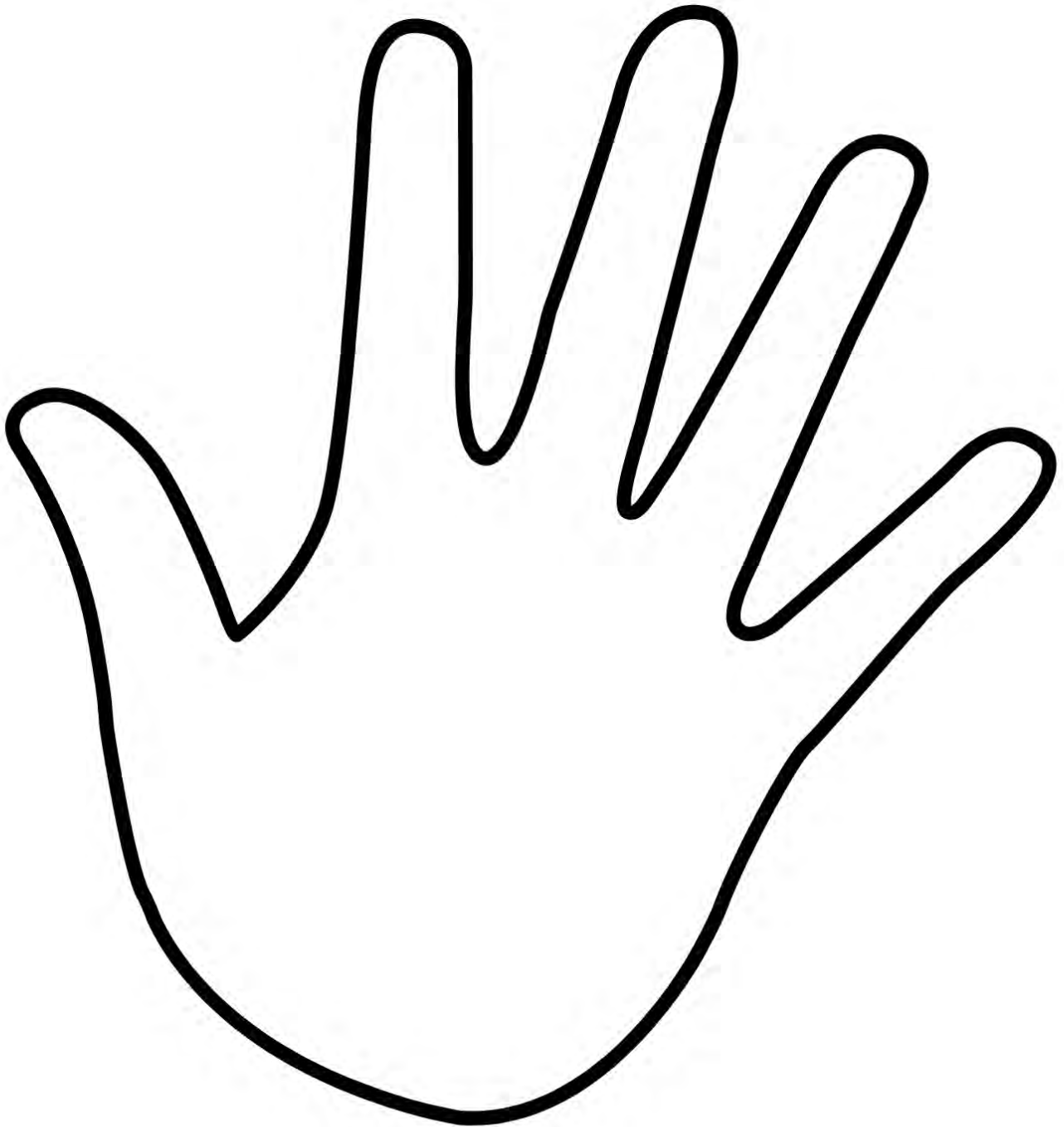


**HELEN O'GRADY  
DRAMA ACADEMY**

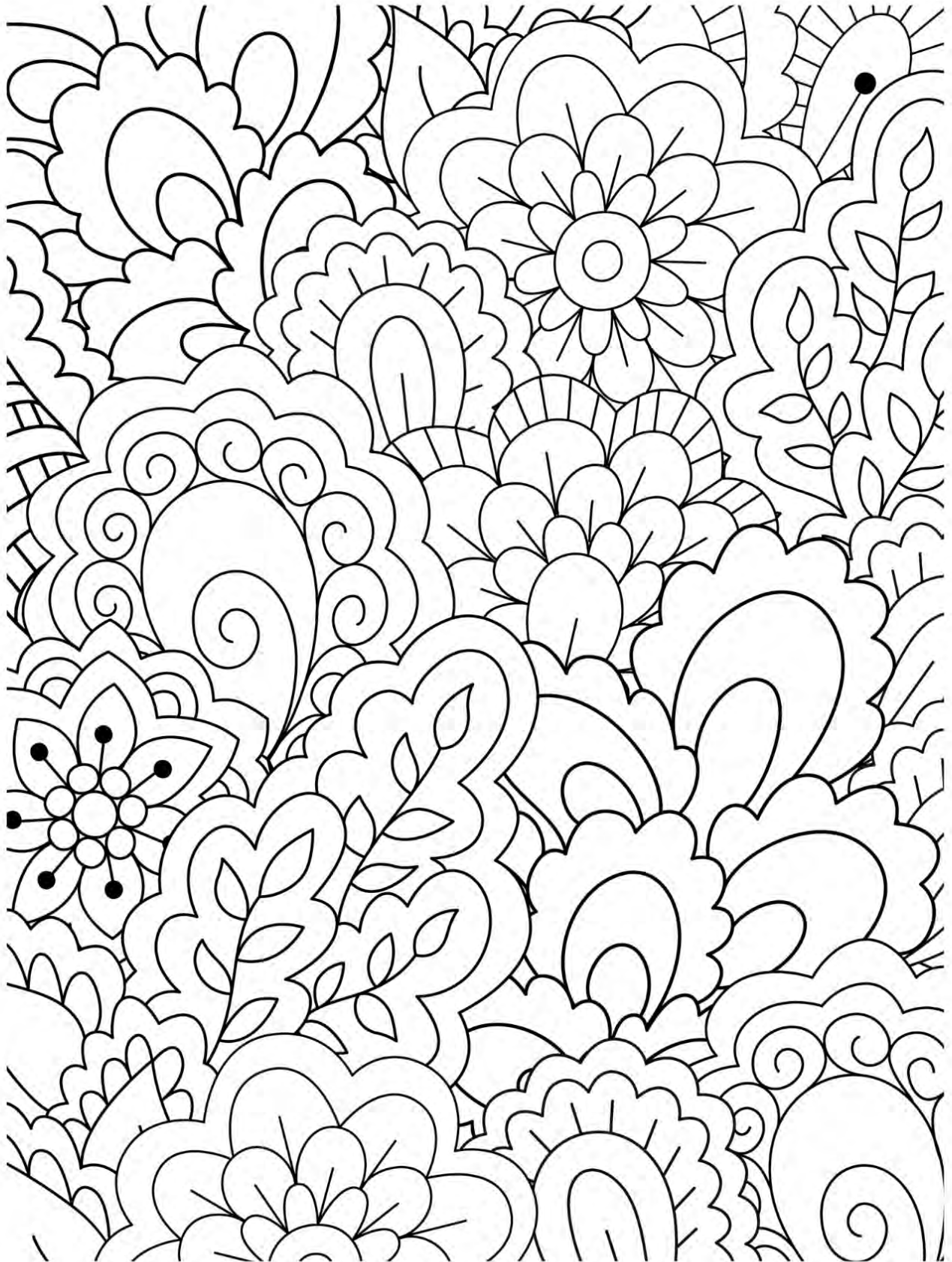
**ACTIVITY PACK  
FOR SCHOOLS**

# HAND OF POSITIVITY

WRITE ONE OF YOUR STRENGTHS OR SOMETHING POSITIVE ABOUT YOURSELF IN EACH FINGER ON THE HAND AND DRAW A PICTURE OF YOURSELF IN THE PALM. ASK YOUR FAMILY AND FRIENDS WHAT THEY THINK YOUR STRENGTHS ARE TOO.

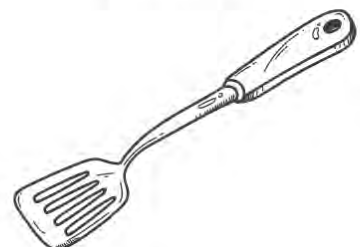
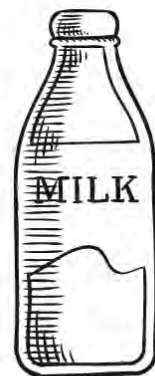
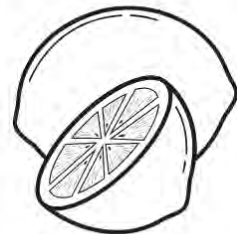
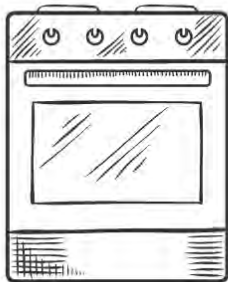
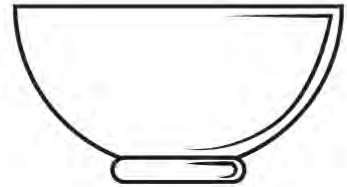
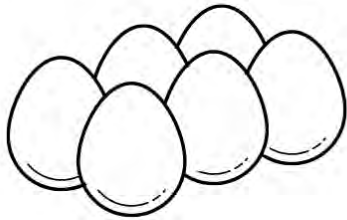


# MINDFUL COLOURING



# I SPY ...

CAN YOU FIND THESE ITEMS TO DO WITH PANCAKE DAY ON THE NEXT PAGE?  
WRITE HOW MANY YOU FIND IN THE BOX AND COLOUR THEM IN ONCE  
YOU HAVE FOUND THEM.





# ALL MY FEELINGS

SHARE WHEN YOU EXPERIENCE THESE FOLLOWING EMOTIONS.

I AM **HAPPY** WHEN

---

I AM **ANGRY** WHEN

---

I AM **EXCITED** WHEN

---

I AM **NERVOUS** WHEN

---

I AM **CALM** WHEN

---

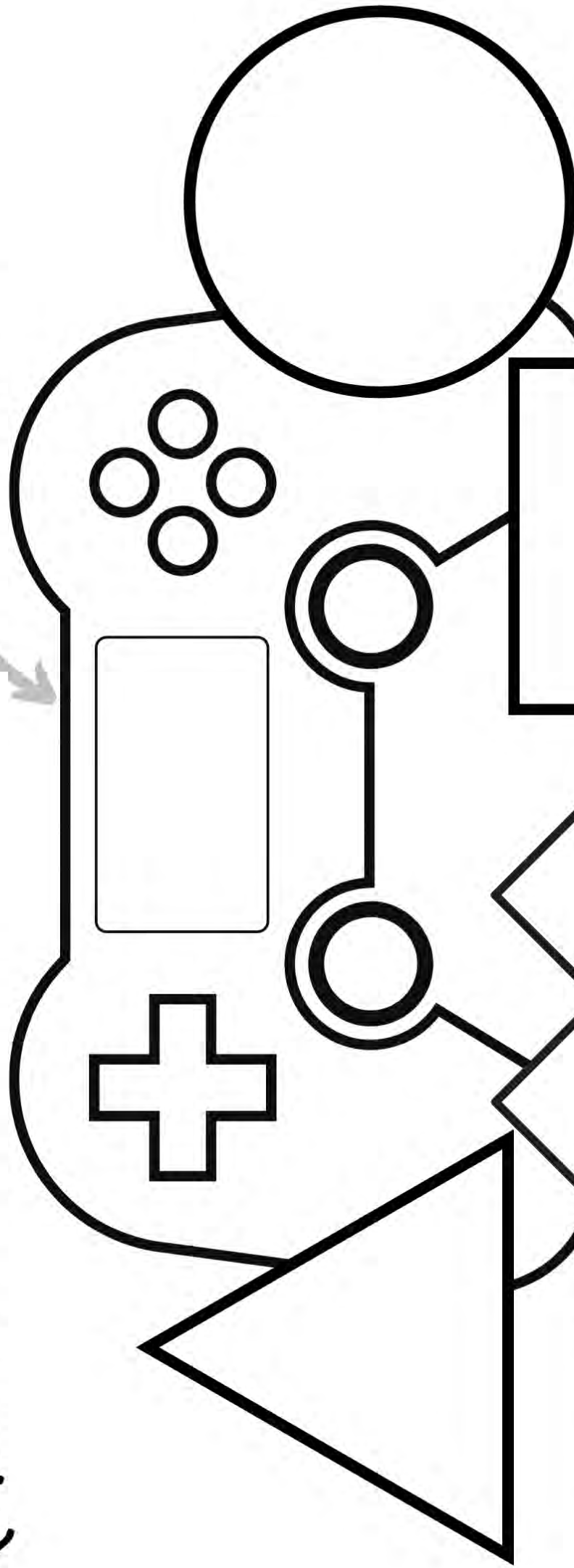
I AM **SAD** WHEN

---



# CONTROLLING WORRIES

WRITE A WORRY YOU  
MAY HAVE HERE



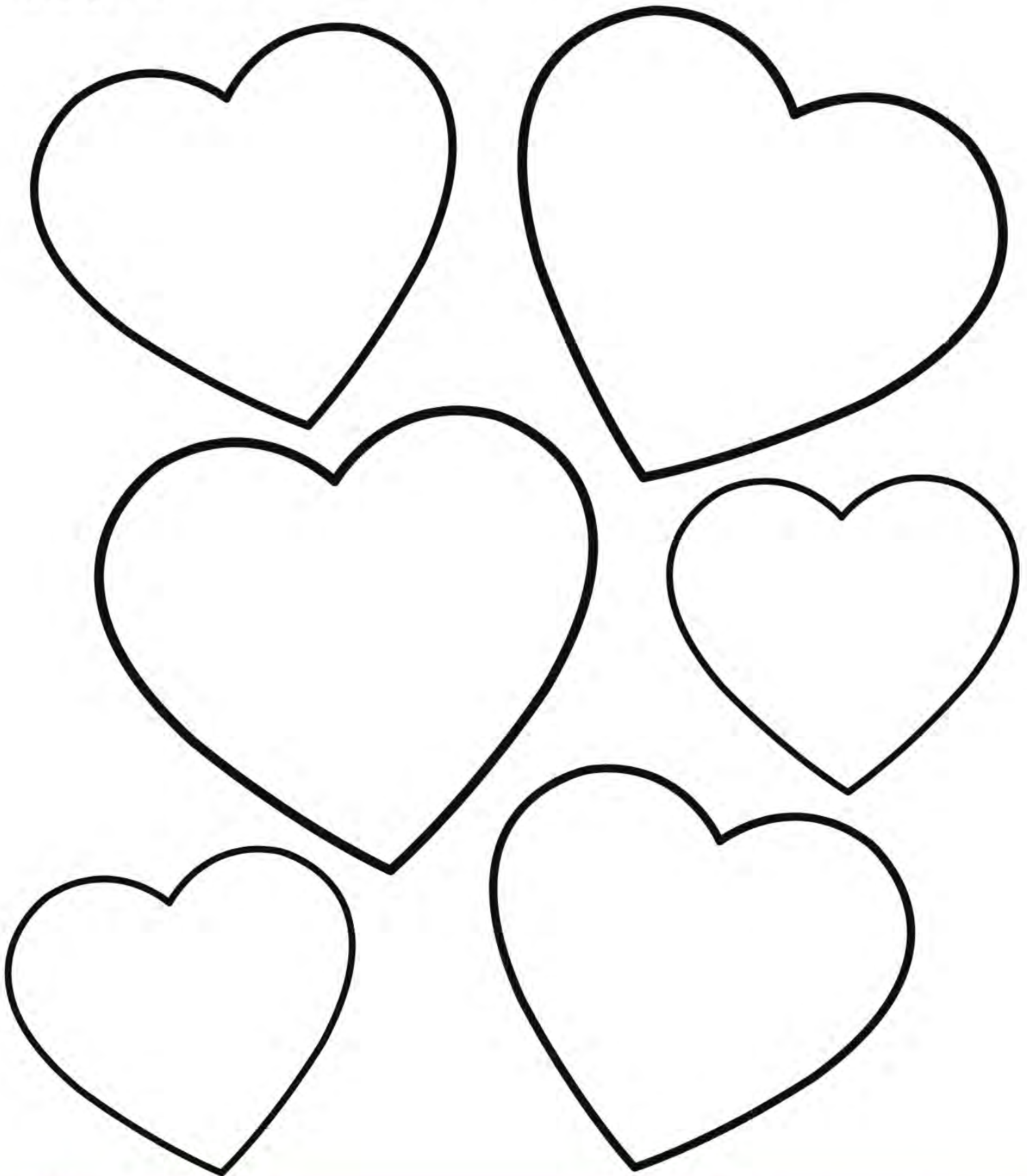
WRITE WHAT YOU  
**CAN** CONTROL ABOUT  
YOUR WORRY IN THE  
TRIANGLE AND CROSS.

WRITE WHAT YOU  
**CAN'T** CONTROL ABOUT  
YOUR WORRY IN THE  
SQUARE AND CIRCLE.



# APPRECIATION HEARTS

WRITE OR DRAW SOMETHING YOU APPRECIATE ABOUT A FRIEND OR FAMILY MEMBER IN EACH HEART. (CUT THEM OUT AND GIVE IT TO THEM AS A GIFT.)





# SELF CARE BINGO

TICK OFF AS MANY ACTIVITIES AS YOU CAN YOU IN THE SELF CARE BINGO.

CALL A FRIEND	FIND SHAPES IN THE CLOUDS	LISTEN TO MUSIC
GIVE SOMEONE A COMPLIMENT	READ A BOOK	TRY A NEW HOBBY
TAKE A WALK	HAVE A TECHNOLOGY FREE DAY	PASS A SMILE TO SOMEONE
WATCH A MOVIE	TELL JOKES TO FRIENDS AND FAMILY	EXERCISE IN A NEW WAY
BAKE TREATS	WRITE A LETTER TO SOMEONE	MAKE SOMETHING
HAVE A DANCE	DRAW A PICTURE	WRITE A STORY



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- SOCIAL INTERACTION and COMMUNICATION with others
- FUN activities to engage CREATIVITY and IMAGINATION
- SPEECH and LANGUAGE development

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