



Westfield Primary School

Wellbeing Wednesday

Things to make and do at home in the summer holidays

July 2026



5 Ways to wellbeing - CLANG



Zones of Regulation

Make your own worry monster

Paper Bag worry monsters



Tissue box worry monsters



Supplies

An empty tissue box ; White card : Paints/crayons/felt-tips :

Pipe cleaners : Stick on googly eyes : Note paper

Games to make at home out of recycled materials and household objects.

Box battle

What you need: cardboard box
 20 small balls or balls made from tin foil.
 Pens or pencils to decorate

Cut a hole in one side of the cardboard box. Decorate the box
Scrunch up tin foil to make 20 balls.



Rules of the game

The object of the game is to get the most balls into the hole.

For 2 players - start with 10 balls each. Agree a starting distance from the box.

Player one tries to throw a ball into the box. If it goes in then they score 1 point. If it misses then player 2 can take a shot with player 1's ball from wherever it landed. If it goes in then player 2 scores a point. If player 2 misses, then player 1 has another shot from where the ball landed. Continue until one player gets the ball in the hole.

Then player 2 takes a shot. Continue until all 20 balls have been used. The player with the most points wins.

Games to make at home out of recycled materials and household objects.

Bottle Skittles

What you need: 10 empty water or drink bottles - cleaned and dried
Paper to draw pictures on
Pens or pencils to decorate
3 balls or a large balls made out of tin foil
Stones to use as weights

To insert a picture into the bottle roll it up so that it fits through the neck of the bottle then open it out once it's inside. Add some stones to each bottle as weights.



Rules of the game

The object of the game is to knock over the most skittles.

Arrange the skittles in the formation shown above (4,3,2,1).

Each player takes turns to roll/throw 3 balls towards the skittles.

Once all 3 balls have been thrown count how many skittles have been knocked over. That is the player's score.

After 3 rounds the player with the highest score wins.

Games to make at home out of recycled materials and household objects.

Tin can alley

What you need: 10 empty tin cans - washed and dried
Paper to draw pictures on
Pens or pencils to decorate
Glue to stick pictures to the cans
3 balls or balls made out of scrunched up tin foil

Cover each can with paper using glue and add numbers or decorations.



Rules of the game

The object of the game is to knock over the most cans.

Arrange the cans on top of an upturned box in the formation shown above.

Each player takes turns to throw 3 balls towards the cans.

Once all 3 balls have been thrown count how many cans have been knocked over. That is the player's score.

After 3 rounds the player with the highest score wins.

Games to make at home out of recycled materials and household objects

Bean bag toss

What you need:

- 4 paper plates
- Pens or pencils to decorate the plates
- 4 large dish cloths (to make 2 bean bags out of each)
- 4 small bags of pasta or rice
- 4 large elastic bands



Make 4 bean bags as follows: Cut a large dish cloth into 2 halves. Place a handful of pasta into a small food bag. Tie the top of the bag, then place it inside the dish cloth. Pull all sides of the dish cloth up around the bag and secure all the ends with an elastic band.

Number the paper plates 1 to 4 and decorate them. Arrange them in a line with 1 at the bottom and 4 at the top

Rules of the game:

Agree how far away to stand.

Each player must try to throw one bag on each plate in order 1 to 4. Each player throws 4 bean bags. Only those that land on the plates count. Continue to take turns throwing 4 bags each until one player manages to have landed a bean bag on each plate.

Games to make at home out of recycled materials and household objects.

Happy faces

What you need:

- 7 paper plates
- Pens or pencils to decorate the plates
- 3 large dish cloths (to make 2 bean bags out of each)
- 5 small bags of pasta or rice
- 5 large elastic bands.



Make 5 bean bags as follows: Cut a large dish cloth into 2 halves. Place a handful of pasta into a small food bag. Tie the top of the bag, then place it inside the dish cloth. Pull all sides of the dish cloth up around the bag and secure all the ends with an elastic band.

Decorate 6 plates with happy faces and one plate with a sad face. Arrange them on the floor as shown above.

Rules of the game:

Agree how far away to stand. Each player throws 5 bean bags. Score 1 point for each bag that lands on a happy face. After 3 rounds the player with the most points wins.

Games to make at home out of recycled materials and household objects.

Milk carton catch

What you need: 2 x empty 4 pint or 2 pint milk cartons washed and dried
tape
One ball or one ball made from scrunched up tin foil



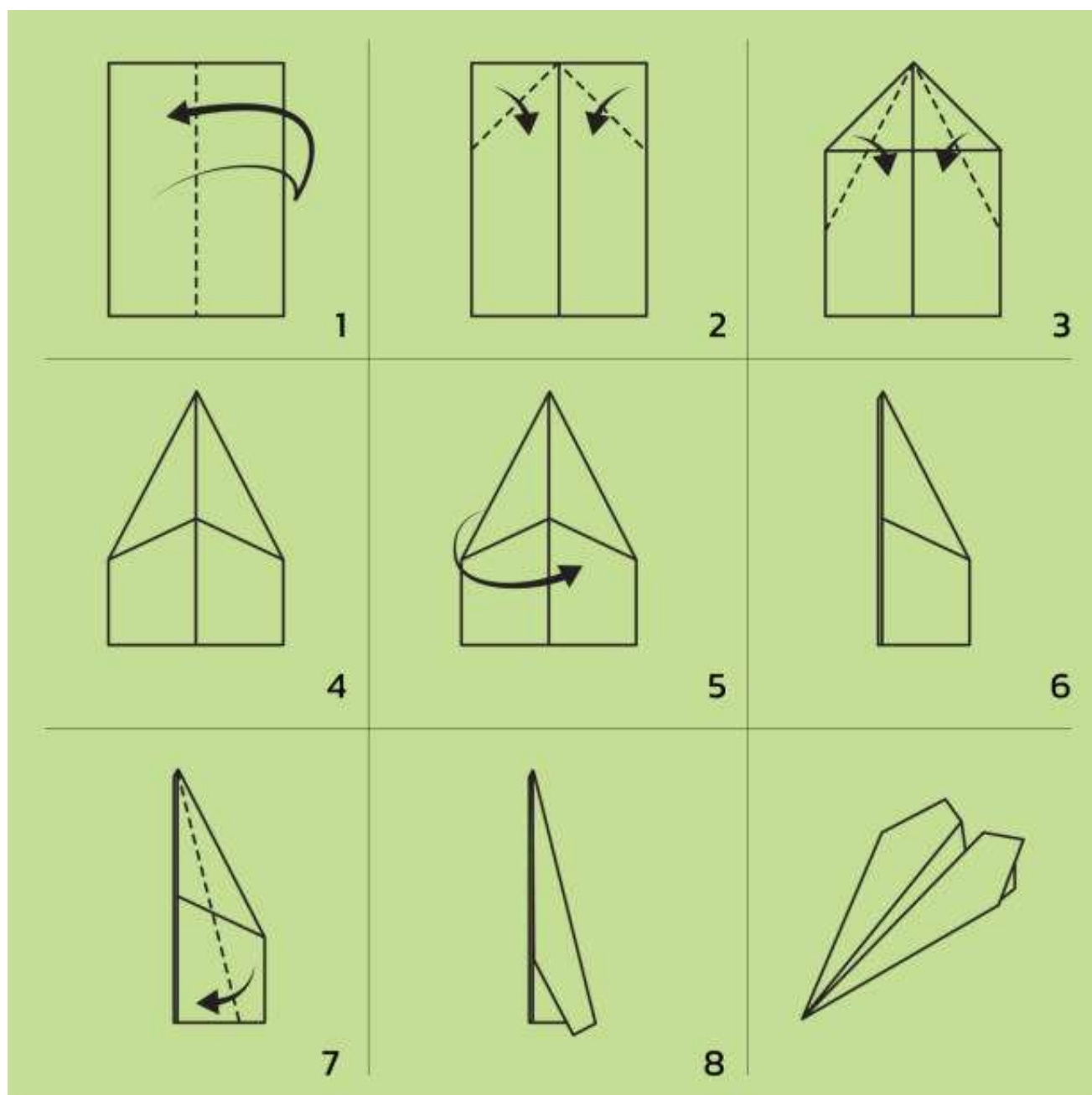
Cut the bottom half off of 2 milk cartons. Stick tape around the top of each upturned carton.

Rules of the game:

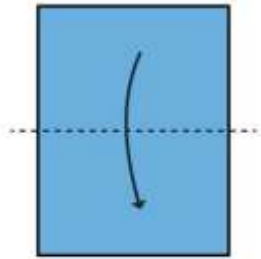
2 players stand opposite each other. One player throws the ball and the other player tried to catch it in the carton. The other player then throws the ball back and the first player tries to catch it. Repeat until one player fails to catch the ball in the carton.

To make the game more challenging, both players can take a step back when they catch the ball in the carton

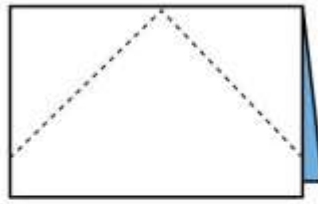
Making paper aeroplanes



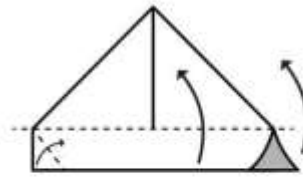
Making paper boats



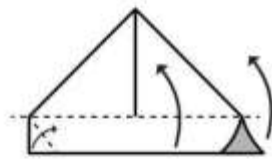
1. FOLD IN HALF



2. FOLD TRIANGLES TO THE CENTER



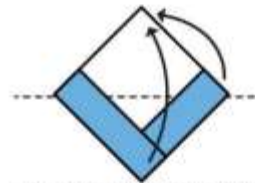
3. FOLD THE CORNERS ON BOTH SIDES TO THE DOTTED HEADLINE



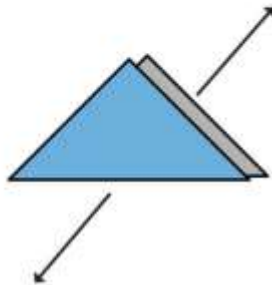
4. FOLD UP FLAPS ON BOTH SIDES



5. PULL THE SIDES OUT AND PRESS FLAT



6. FOLD FRONT AND BACK LAYERS UP



7. PULL SIDES OUT AND PRESS JUST LIKE STEPS 5



8. PULL TOP TRIANGLES

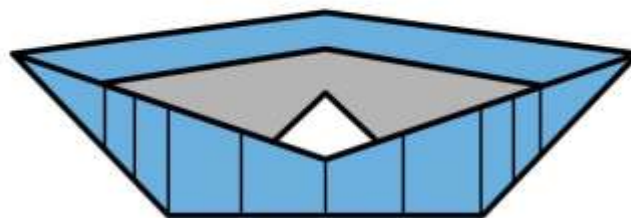


9. BE SURE THAT THE BOAT IS OPEN ALONG THE BOTTOM

11. ATTACH YOUR LIFE SAVER WITH GLUE



10. PAINT STRIPES ALONG THE BOAT



12. MAKE A FLAG WITH A TOO AND FOLDED PAPER



Building a Den Outside

Den building is a fantastic activity for all ages. You can do it at any time of year, but autumn is an ideal time to try it as there are lots of fallen leaves and branches to use.

Dens make perfect birdwatching hides, as well as shelters and basecamps for woodland walks. Building a den is also great fun for the whole family and a wonderful way to spend time together. So, head outdoors and follow our top tips to build a den.

Before you start

Woods are home to shy animals and fragile plants, so please be considerate with your den building.

If you're in an ancient woodland, leave den building to the badgers and foxes. Look out for on-site guidance if you're not sure.

Den-building materials

Challenge everyone to gather some natural materials to make your den. Look for leaves and branches that have fallen to the woodland floor, don't break off living branches or damage trees. If you use any unnatural materials such as string or rope, remember to take them home at the end of the day.

You will need:

- long, straight branches and sticks
- lots of thin, bendy sticks
- materials to cover your den, such as dried leaves, twigs and grass.

Steer clear of **bracken** as it can be home to **ticks**. These tiny biting creatures can cause illness, so they're best avoided.



Why not hold a den-building competition?
Credit: JJ Jennings / WTHS

How to build your den

Coming up with your own den design is part of the fun, but here are a couple of simple ideas to get you started.

Teepee-style den

- 1 Find a tree with a fork in the branches that's quite low down.
- 2 Make a frame by propping some long, straight sticks in the fork and fanning them out. Make sure all the branches are secure – you don't want them slipping.
- 3 Weave bendy sticks in and out of the upright sticks to make the walls. Leave a gap at head height for a window.
- 4 Cover your den with natural materials so it's camouflaged and weatherproof. You could use mud to stick them on.
- 5 Scatter a carpet of dried leaves on the floor to make your den extra cosy.

Tent-shaped den

- 1 Find two forked trees that are close together and place a long stick between them.
- 2 Prop a row of sticks against it on each side so you end up with a tent shape.
- 3 Weave your bendy sticks in and out of the upright and add your plant materials.

Make a mini den

This activity is a lovely way for very small children to have a go at den building. Simply collect a handful of small sticks and prop them up against a tree trunk or fallen branch to make a mini den. Make the inside of your shelter nice and cosy with some fallen leaves. Now it's ready for child's favourite teddies or dolls.

Don't forget to dismantle your den

Before you head home, please remember to take your den down. On your next visit you can have fun building it all over again, or you can experiment with a different design!



Keep your den safe and sound for the night.
© iStockphoto.com



Den building has lots of benefits for children of all ages. It gets little brains thinking creatively and solving problems. It encourages youngsters to work together and helps them develop their communication skills. Plus, it's active play that gets kids moving in the fresh air. So thumbs up all round!

© iStockphoto.com

How to build an indoor den

Too wet and cold to go to the woods? Never mind – you can practice your skills by building an indoor hideout instead.

You will need:

- four sturdy dining chairs
- a large sheet and some blankets
- comfy furnishings, such as cushions, pillows and maybe a duvet
- some heavy books
- battery-operated string lights and a few clothes pegs (optional)

Instructions

- 1 Choose the perfect spot to build your den. It could be up against a wall or the back of the sofa.
- 2 Place two chairs on each side with the backs facing inwards – these will form the side walls. Hang blankets over the chair backs.
- 3 Drape a sheet over the top to make the roof and put some books on the chair seats to hold it in place.
- 4 Put a blanket or duvet on the floor and arrange cushions or pillows around the sides. To make it magical, and super-cosy, decorate with string lights, using the pegs to attach them.

Your indoor den is the perfect place to read stories together, imagine you're explorers discovering far-off lands, or have an impromptu sleepover.



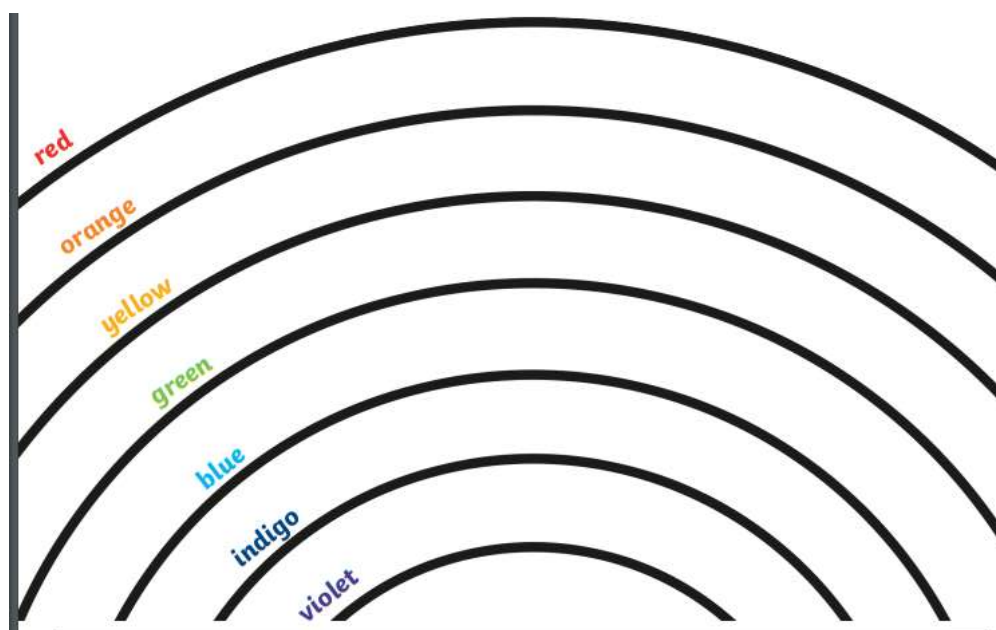
Rainbow walk

You will need:

This can be done as just a talking activity or you can write down what you see on paper.

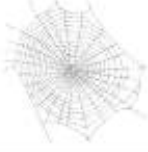
How to Complete Your Rainbow Walk

1. Decide where you would like to go for a walk. You can go on a scooter or ride a bike, if you prefer.
2. As you walk, you need to look for items that are the colours of the rainbow - red, orange, yellow, green, blue, indigo and violet. Indigo is more of a bluey purple and violet is more of a pinky purple!
3. These items could be natural items, such as leaves or flowers, or human-made items, such as a front door or car.
4. . When you find an item, you can write its name or draw a picture of it in the rainbow. If you run out of room, you can draw your picture outside of the rainbow.
5. Add red items in the red section, orange items in the orange section and so on.
6. Try to find a few examples of each colour. Can you complete the whole rainbow?



My I Spy Scavenger Hunt

Before this activity, you may wish to discuss with children the dangers of touching/eating berries and how to look for small creatures without disturbing/hurting them.

smooth leaf  ☐	spiky leaf  ☐	twigs on the ground  ☐	rocks  ☐
soil  ☐	smooth bark  ☐	rough bark  ☐	nuts or seeds  ☐
fruit or berries  ☐	red flowers  ☐	yellow flowers  ☐	white flowers  ☐
flying insect  ☐	ants  ☐	caterpillar  ☐	butterfly  ☐
spider  ☐	web  ☐	snail  ☐	nest  ☐
feather  ☐	bird flying  ☐	footprints  ☐	animal droppings  ☐



visit [twinkl.com](https://www.twinkl.com)



My Five Senses Scavenger Hunt

Something smooth



Something rough



Something that makes a noise



Something round



Something yellow



Something that came from a plant



Something that has a smell



Something long



Something man-made



Something soft



Something you can eat



Something red



Outdoor Mindfulness Scavenger Hunt

Go outside and use all of your senses to complete this scavenger hunt.



Find something that makes you happy.



Listen to a bird singing.



Find something that smells nice.



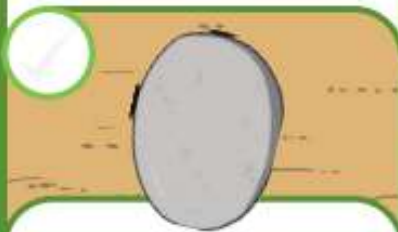
Listen to leaves rustling on a tree.



Find something that is your favourite colour.



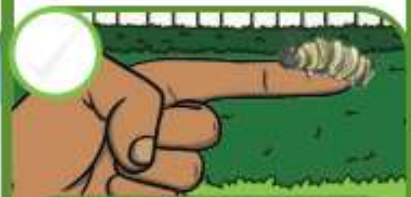
Find something that makes a noise.



Find something that is smooth.



Find something the colour of the sky.



Find something as small as your fingernail.



Look for a cloud that is shaped like an animal. Watch it change shape.



Follow an insect. What it is doing?



Find something that is soft.

Giant Bubbles (or normal size!)

Recipe:

- 2 cups Washing Up Liquid (you can use any brand)
- 1 tablespoon of glycerine
- Few Drops of vegetable oil
- 1 cup Warm Water

Methods for making the bubbles:

In a large jar or small bucket pour lots of dishwashing liquid in - it really doesn't matter what the make is. Add in a little water so it's a strong mix and give it a stir.

To the mix add a minimum of 1 teaspoon of glycerine or cooking oil. To make strong bubbles with a great surface tension then a couple of tablespoons of glycerine liquid will work. The glycerine or cooking oil makes the bubble mixture stronger and the bubble less likely to burst.

You can then have great fun making bubbles!

You can use any bubble wands you have or why not try making giant bubbles by using string? Get a long piece of string and tie it to make a circle. Dip this in the bubble solution and then holding it apart you can wave it through the air and watch your bubbles form!

You can also tie your string to two sticks, then you can move the string 'circle' around by keeping the sticks apart and moving them around in the air.

Have fun and experiment to find out what works best!



Natural Art- Outside materials

Resources needed:

Anything from the outdoors or garden that you can find.

Some examples:

Pine cones

Leaves

Sticks

Stones

Shells

You can use a large sheet as a base for the picture. The idea is for everyone to use their imagination and produce some art with some objects you can find around the garden or when you pop out for a walk.



Cress head happy face pots

What you need: small plant pot, yoghurt pot or egg shell
 Pens or pencils to decorate the pot
 Kitchen towel
 Cotton wool
 Cress seeds (available from supermarket or garden centre)

Cress heads is an easy way to grow plants and get creative with an indoor herb garden. It's also the fastest growing herb that will be ready to enjoy in just 10 days!

Decorate empty yoghurt pots or egg shells (the head) using paints. You could paint a funny face on the eggshell or yoghurt pot, so that when the cress grows, it looks like silly green hair.

Once your faces are ready, wet some kitchen towel and place it in the bottom of your head (then wet some cotton wool and place on top of the kitchen roll. Leave a 3 cm gap between the cotton wool and the top of the eggshell or pot.

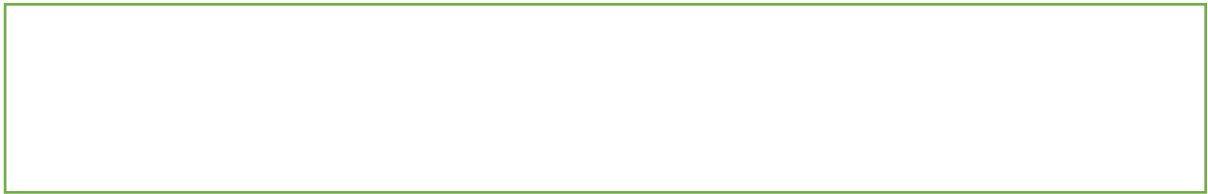
Sprinkle a teaspoon of cress seeds onto the wet cotton wool and press them down gently with your finger.

Place the cress heads in a warm, light place, like on the windowsill, and wait for your seeds to grown into tiny, delicious bushes of cress! Remember to spray the seeds with a little water every day, to ensure that the cotton wool stays moist.

Once your cress has grown to about 10 cm, chop the cress and add it to a sandwich for lunch!



Things I would like to do in the summer holidays...

A large, empty rectangular box with a purple border, intended for writing.A large, empty rectangular box with a green border, intended for writing.A large, empty rectangular box with a blue border, intended for writing.A large, empty rectangular box with an orange border, intended for writing.A large, empty rectangular box with a red border, intended for writing.