# Learner Activities Teacher Resource

As you begin the well-being focus in your classroom, one of the most important things to focus on is helping learners learn how to self-regulate. So, they can take better care of themselves. As part of this, they should be able to identify their thoughts and feelings and use specific exercises to feel calm and relaxed. [Arpan](https://www.arpan.org.in/covid-19-support-resources/) (an Indian non-profit organization) has put together the following activities that can be practiced in school and at home too. The following is just a brief description of each activity. You can access the pdf files of the actual activities here - ‘ [Resource 4 - Well-being activities](https://drive.google.com/drive/folders/1OipJow_S_ysHVZDg6vGz821EMCMJSurK?usp=sharing)’

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| Note: PEAS can adapt the GSL activities while minding out the age groups. However, other teenage, related activities can be used.Activity | Description |
| #1 Unpacking Memories | **Who can do it: Everyone**  Let’s revisit some memories today? Here’s a fun and simple activity that you can do with everyone at home and make new memories while revisiting old ones |
| #2 Explore Your Imagination | **Who can do it: Everyone**  If you’re feeling stressed, you can try this activity that asks you to explore your imagination to feel calmer. |
| #3 Gratitude Exercise | **Who can do it: Everyone**  If you’re feeling overwhelmed or are in a situation where you need centering, try this simple gratitude exercise to feel better. |
| #4 Burn Your Anxiety | **Who can do it: Adults and learner 8 years + (with supervision)**  Have you been feeling anxious off late? We understand that times like these can seem overwhelming with too much on our plate and little in our control. Here’s a simple activity that will help you burn your anxiety and feel calmer. |
| #5 Zentangle Breathing Exercise | **Who can do it: Everyone**  There is a strong association between anxiety and respiratory symptoms, including shortness of breath. Here is a breathing exercise that can help you calm down. |
| #6 Butterfly Hug | **Who can do it: Everyone**  There’s a constant surge of news updates every minute. While it’s important to be informed, sometimes the news can be worrying. It’s at times like these that we need to take a break, give ourselves the space to breathe, calm ourselves down, and feel better. |
| #7 Draw Without Looking | **Who can do it: Everyone**  When was the last time you drew something? Doodled perhaps? Here is a fun activity that will take you down memory lane, but with one catch! Close your eyes and let your imagination take flight. Try to draw/paint without worrying about perfection. Soothe your anxious mind. |
| #8 Self-Appraisal & Gratitude Journal | **Who can do it: Everyone**  Gratitude journaling is the habit of recording & reflecting on things for which we are grateful neighbors blessed to have some amazing people in our lives. Family, friends, neighbours, colleagues, people who provide basic services – the list can go on and on. Today, let’s note down some positive things about ourselves and also take the time to acknowledge and appreciate people for the value that they add in our lives, especially in these times. |
| #9 Emotion Collage | **Who can do it: Everyone**  In the current situation, we all run around to keep things as clean as possible; cleaning surfaces, wiping things down, sanitizing, etc. But who doesn’t like a good mess? Today we encourage you to get creative and make a bit of a mess. Cut, paste and appreciate your very own masterpiece! |
| #10 Fun with Clay | **Who can do it: Everyone**  Sometimes, despite our best efforts, we feel upset with the way our lives have changed because of COVID-19. The last few times we saw how to doodle or write away the stress. Today, let’s see how to keep our hands busy when we feel a little extra fidgety. Let’s take a trip down memory lane and play with clay/ kneaded dough again. |
| #11 Relax & Breathe | **Who can do it: Everyone**  Breathe in, Breathe out, Breathe in, Breathe out…Now have fun doing this in a variety of ways and relax. |
| #12 Relax and Breathe 2 | **Who can do it: Everyone**  More breathing exercises |
| #13 Grounding Technique | **Who can do it: Everyone**  If you’ve been experiencing moments of high stress and anxiety, keep this grounding technique in mind to help connect you to the present and reduce panic. 5, 4, 3, 2, 1 (Grounding Technique) Grounding is a coping strategy that “grounds” you, i.e. immediately connects you with the present moment. This activity will take you through your five senses to remind you of the present. This is a calming technique that can help you get through tough or stressful situations. |
| #14 Bear Hug | **Who can do it: Everyone**  Physical isolation can be difficult. Take a moment today to hold yourself and give yourself a bear hug! |
| #15 Pause, Tense, and Relax | **Who can do it: Everyone**  We often hold anxiety and tension in our bodies. Progressive Muscle Relaxation (PMR) helps us unwind by relaxing our body. The best part is that you can try this anywhere! |
| #16 Circle of Compliments | **Who can do it: Everyone**  Who doesn’t like a compliment? Makes you feel good, right? It’s always wonderful to compliment and celebrate the people in our life, be it our family members or friends, or others. Here is a small group activity you can do to give compliments to each other. |
| #17 Power of Togetherness | **Who can do it: Everyone**  Each one of us has something that we find difficult – like, cooking, math, exercise, sitting in one place for some time, etc. This activity will help you to explore the hardship and find the courage to face it (while being aware that it might be difficult). After all, resilience is also about trying to beat the odds. |
| #18 A Personal Resilience Journal | **Who can do it: Everyone**  Remember the time when we all had personal diaries, where we wrote all the little and not so little things about our everyday life? Reading them at a later age often made us realize how what seemed like an absolute catastrophe then, was just a tiny little hitch in the larger scheme of things. We think it should be a practice even now, as our everyday life has begun to look a little different. This Personal Resilience Journal will serve as a reminder of your resilience and courage in times of trouble. |
| #19 Stretch & Relax | **Who can do it: Everyone (learner must be guided and supervised)**  Being at home 24×7 means the chances of sitting in one position for long increases. Let’s try these simple stretching exercises at home as our regular physical activities such as running, morning and evening walks, etc. are restricted. Following the steps in the activity & moving your body will help you refresh your mind and body, and prepare you to take on whatever the “real world” throws at you next. |
| #20 Word Collage | **Who can do it: Everyone**  While we are all spending more time at home, a lot of us are balancing multiple roles & may not get the time to truly connect with those in our homes. Take 10 minutes today to share & connect with those with whom you are living. |
| #21 Letter to Yourself | **Who can do it: Everyone**  The relationship you have with yourself is the most important one! How often do we speak to ourselves?  Let’s start by writing a letter to ourselves and exploring what we’re feeling today. |
| # 22 Patchwork Art | **Who can do it: Everyone**  In one of our previous activities, a family member/ friend suggested a word each and we all made some memorable and funny sentences. Remember long back when grandmothers made patchwork quilts? Imagine combining both on a big chart paper. Everyone gets an area that they draw and color and together you have one big artwork that is cathartic, a team effort, and a bonding activity all rolled into one. |
| #23 Palm Push Therapy | **Who can do it: Everyone**  Sometimes the solution to your stress can be in the palms of your own hands. Relieving stress doesn’t always require external resources. Just like the bear hug technique, this simple technique will help you relieve your stress just by using your hands. Begin with the traditional Indian Namaste that we all know and move to a palm push that is relaxing and gives a great stretch. |
| #24 Spring Cleaning Play/Fun | **Who can do it: Everyone.**  Most of us keep postponing spring cleaning. It is a tiring and nearly endless task. The [#COVID](https://www.facebook.com/hashtag/covid?source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARC6YAjvah2pzBTBqs8aeZR5D_yVGiYM9A5ZVNv96HdyE0XJeN7BdoudQE3SPTA0ZDw2W-KiPdQQ8omGb_K3M38XDSMrnISSI5oB3h70E36M7SOY6X18XCqUCS5csH_OZknmAoCYMu7snK9K-hD94hQkNKg-N_HoPTGB8Bim2eYgTjwFdzv8oLXvwCWZGMLjhTI8UMVH1wp2YsoWKU6ZW5rEymtttF7oI1qbgFuM_1L1XoYfBLOx_15PDJFVMonOlzV_Ti9xu8AfGgm7MFy8Jk-lGOPnPDF0XiDVgrq8EXsTkDgQtvLkkYLx-o4Oyfrg6UsfBpCcRZcKATAs7EQjM0rEVA&__tn__=%2ANK-R) situation has made us relook at all our cupboards, to get the best use out of things in them, and separating that which cannot be used.  Imagine if this boring activity could lead to something fun. What if we took all the discarded items and crafted something entirely new and fun? Imagine if the entire family did this together! A cleaning up creative craft session is also a bonding exercise. What more could one ask for? |
| #25 Line Art | **Who can do it: Anyone who is 8 years or older**  Are you anxious, confused, bored, or stuck? Use this activity to simply draw lines to structure and clear your thoughts. A line is one of the simplest and most basic aspects of art, but it can also contain a lot of emotion. Use simple line art to demonstrate visually how you feel. Every single line means something. |
| #26 Finger Painting | **Who can do it: Everyone**  Finger painting has a lot to do with your feelings. The moment you start dipping your fingers into thick, brightly colored paint and noodling your way around a sheet of smooth, shiny paper you’ll feel relieved and rejuvenated. Finger painting has numerous benefits. Get messy as you finger paint. Enjoy this with your learner too and see how their faces light up! This can be a great way of creating a bond between family/ friends. |