



[WWW.TPET.CO.UK/WELLBEING-WEDNESDAY](http://www.tpet.co.uk/wellbeing-wednesday)

Wellbeing Wednesday is back! With a brand new set of characters - the Mental Health Heroes. Let the Mental Health Heroes teach you their amazing superpowers, to help improve wellbeing and give the children new skills. Download a range of resources to use at home or in the classroom.



**TRY OUR JOURNAL PAGES - THE PERFECT THINKING ACTIVITY**

Resources include collectible character cards, journals, task cards, colouring and more. All themed around our superheroes' unique abilities.



**OUR MENTAL HEALTH HEROES ARE PERFECT FOR TACKLING ISSUES SUCH AS STRESS, ANXIETY AND ANGER.**

Download our Summer term overview to keep track of each week's activities. A must have for any classroom or home - we add new content throughout the year.



**SAVE PAPER AND INK BY NOT PRINTING THIS PAGE.**

# Week 3 Task Card (Captain Calm)

## Calming Thought Sensory Bottle/Jar

Today we are going to learn how to calm our thoughts just like Captain Calm. But first, we will need to build a secret weapon, just like his - a sensory jar!

For this, you will need a bottle or jar, some glitter and some water (have a look online for some inspiration).

**Shake up your bottle and take a look...**

Imagine that the glitter is like your thoughts when you are stressed, mad or upset. See how they whirl around and make it hard to see clearly? That's why it's easy to make silly decisions when you're upset, because you're not thinking clearly.

**Sit quietly and close your eyes. Now look at the jar.**

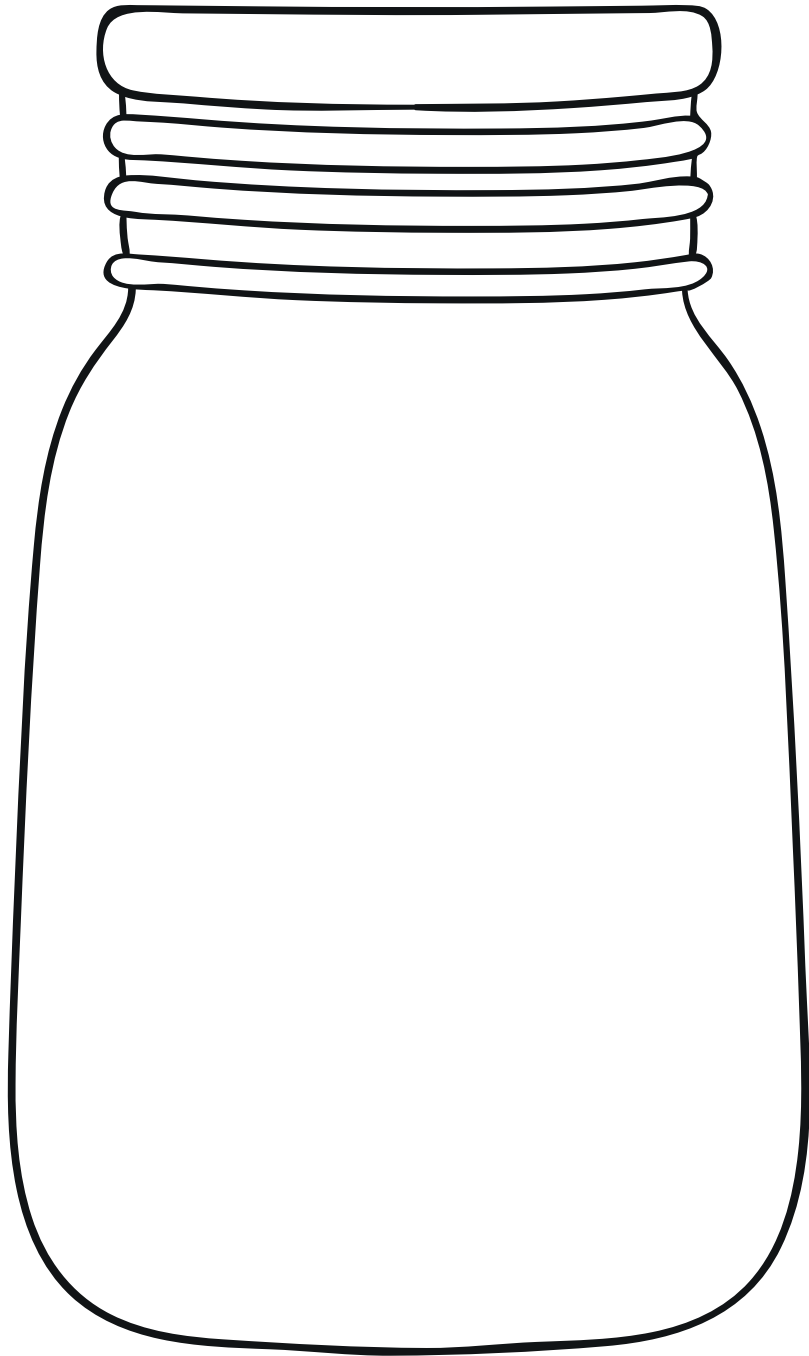
Watch what happens when you're still for a couple of moments. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a while, your thoughts start to settle and you will see things more clearly.

### Questions

- How do you sometimes behave when you're feeling stressed, mad or upset?
- Why do you think that happens?
- What should you do next time you're feeling stressed, mad or upset?



Draw what the inside of the jar looks like when it has been shaken.



This is like your thoughts when you are stressed, mad or upset.

Draw what the inside of the jar looks like when it settles.



This is like your thoughts when you are calm, they begin to settle.