

Thrive Approach Activities

Activities

1. Worry doll (can tell all your worries) worry monster
2. Painted stone (stressed hold onto it tight)
3. Decorating biscuits / baking
4. Mindful jar (A Mind Jar can be shaken, and is filled with food colouring, warm water and glitter. The glitter represents how busy our mind and body can be with thoughts and physical sensations, such as anxiety, worry, frustration or anger. For the students, shaking up the mind jar is a way of expressing how they feel. Watching the glitter slowly settle and noticing their breath while doing so teaches the students a way of self-regulating their emotions, and allowing thoughts or reactive tendencies to settle...just as the glitter settles. Eventually, we can see more clearly through the jar. As we teach ourselves to allow the mind to settle, we "pause" and learn how to respond to a situation more skillfully, rather than impulsively react. These jars hold a special place in each classroom for the students to use whenever they feel they need to.
5. Puppets - role play talking about feelings / different problems and solutions
6. Drawing around hands - (things in my) my control / out of my control
7. Kind hand flowers
8. Board games
9. Breathing exercises / yoga
10. Worry worms
11. Pasta jewelry
12. Gardening
13. Forest school - den building , making fires (roasting marshmallows) gives safe responsibility.
14. Hand massage / nail painting
15. Angry thermometer Explain that zero means "no anger at all." A 5 means "a medium amount of anger," and 10 means "the most anger ever."
16. Arts and crafts
17. Talk and share experiences about feelings - getting angry how did you overcome it
18. Therapeutic stories (try to write about a story about them)

Different links

<https://www.thriveapproach.com/mindfulness-activities-thrive/>

<https://www.thriveapproach.com/lego-stem-activities-thrive/>

<https://www.pinterest.co.uk/thriveapproach/>

<https://twitter.com/ThriveApproach>

https://www.google.com/search?q=Thrive+activities&tbm=isch&ved=2ahUKEwig4_-1mKToAhVFEhoKHcqCC2AQ2-cCegQIABAA&og=Thrive+activities&gs_l=img.3..0j0i7i30l2j0i24l5.213716.215073..215576...0.0..0.62.532.9.....0....1..gws-wiz-img.0p0OHRyvhPM&ei=WipyXqDOEMWkaMqFroAG&bih=641&biw=1366&rlz=1CATQWC_enGB866&safe=strict