

FEELINGS INSPECTORS RESOURCE

Self Care

Good Times!

About this activity

This is a quick (10 to 15 minute) game that you can do when you've got some spare time or as an introduction to one of the other sessions. It's a nice chance for the children to think about and share a positive memory and to learn a little bit more about each other. If the children in your group don't know each other very well, it can also form part of a 'team building' session.



What do we need?

Paper
Pens/Pencils



Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).

Good Times!

Instructions

Ask the children to think about a memory they have of a really special moment for them – something that they can remember clearly and where they felt strong, positive emotions. This can be any memory that the children want to share, but if they're stuck for ideas, you could give some suggestions. For example, a sibling being born; the first time you did/tried something you now love; going to a place or event that you'd not been to before; or perhaps just something really funny that happened.

Hand out paper and something to write with and ask the children to write down a quick description of this memory – no more than 2 or 3 sentences – without letting anyone else see. Write down your own memory so you can be a part of the game. Everyone hands their paper back into you for the memories to be read out. The children then try to guess whose memory is whose and can ask questions and discuss if they like.

Was that event something that changed you?
How do you feel when you remember it or talk about it?

Be sure to remind the children that when we are sharing personal things about ourselves, we take those things seriously and are respectful.

Top tip

A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).