

Stepping Stones

Instructions

Explain that today we are going to think about some of the things we do to make ourselves feel better. This could be if we are stressed, worried, angry, upset or just feeling down. Have a talk about some of the things that the children like to do in these cases.

Is there someone you like to talk to? An activity that you find calming?

Make it clear that this doesn't have to be things that they do themselves and that it is okay to need help to feel better sometimes.



Lay out the paper on the floor and ask the children to get themselves into small groups of 2 or 3. Explain that the children are going to represent how they might get from one of those negative feelings to feeling better. This could be by drawing stepping stones, footprints, or any other way of showing the journey that the children choose. They can write and draw.

Once the children have finished, ask the groups to share what they came up with.

**Are there similarities?
Did anyone else have an idea that you hadn't thought of?
Is there anything that you might try in the future?**



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This activity may be a good opportunity to talk about the support that children can access if they need it. When developing the activity with children, we found that some of them knew lots of techniques for de-escalating arguments or calming themselves down but did not always identify moments when they might have benefited from support from others.

Encourage the children to think about the people around them that they trust and how those people can support them when they are upset, angry or worried.

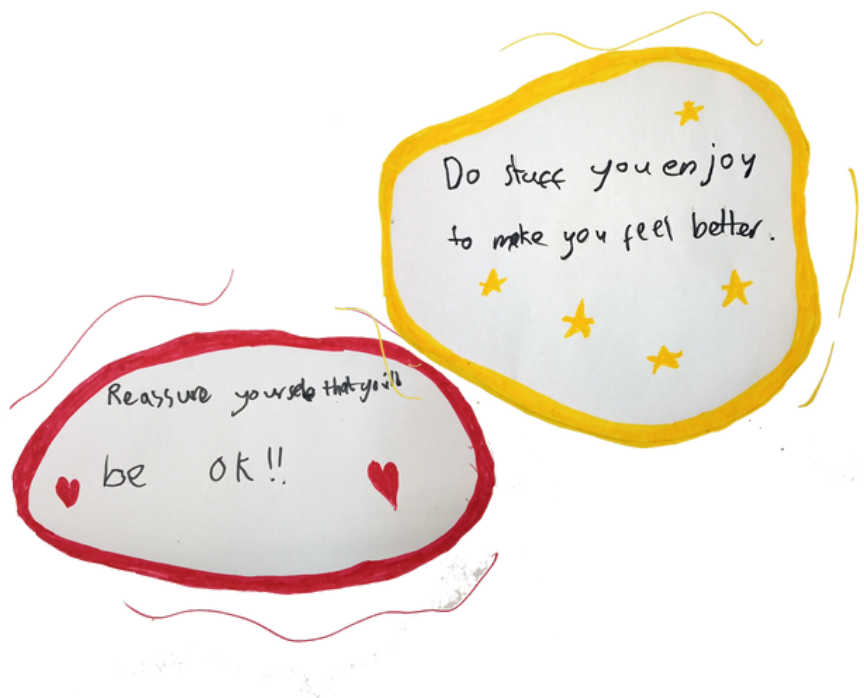


**Useful
tip**

“

It helps with mental health because next time when I'm sad or don't have the best mental health I can remember the stuff I wrote down to make me feel better.”

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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](#).