

# My Thoughts

## Questions:

Have you ever thought about your thoughts? The way they come and go?

*Some thoughts don't stay very long, whilst others linger for a long time. It can be good to practice observing your thoughts and being curious about them as if you are sitting on the edge, watching them come into your mind and stay or go.*

What kinds of thoughts can come and go quickly?

What sorts of thoughts stick around?

How could you categorise your thoughts? Positive, negative, comfortable or uncomfortable? Would you add more categories to the list?

Are there times in the day that people may think for longer periods of time than others?

When is it difficult to think?

When is it easy to think?

## Activity Suggestions:

You are not your thoughts and you can practice making choices about what to do with them, even when this can be difficult, when some unwanted thoughts won't go away, it can then be helpful to find ways to process them.

- Create a 'My thought life' plan of action for the tricky sticky thoughts

- Create a treasure trove of thoughts you can return to that help you
- Draw a big thought bubble and write/ draw a thought from today
- Cut out lots of thought bubbles and tie them together with string to create a thought thread. You could take a photo to print and use as their piece to add to their jigsaw or whole body collage

## STICKY HORRIBLE THOUGHTS PLAN

Write them down, one at a time OR draw anything that expresses them

### ACTIONS:

- 1) Say them out loud to someone (trusted).
- 2) Tell that thought what you think about it
- 3) Screw it up tight and throw it away
- 4) Keep catching them and doing actions 1, 2 + 3



## My Senses

### Questions:

What are our 5 senses?

Sometimes our senses can require extra help. What can affect our senses? What can help this?

Sometimes we don't have the use of all of our senses. What senses do you have use of?

### Activity Suggestions:

- Practice the 54321 grounding technique.  
*Name 5 things you can see around you. Name 4 things you can hear. Name 3 different surfaces you can touch or feel. Name 2 scents you can smell around the room. Name one thing you can taste.*
- Learn how to use sign language for a name or phrase of your choice – draw the hand signals
- Create a braille word on your piece perhaps your name or favourite word
- Using string, make a shape that you can trace with with your finger

## My Significant Places

### Questions:

Are there any places that you like to go?

What does it look like?

What can you see and hear?

What do you like to do there?

If you could create your most favourite place, where would it be and why?

### Activity Suggestions:

- Write/draw/collage one or more of the following:
  - ◇ A calm place looks like...A calm place feels like...
  - ◇ A safe place looks like... A safe place feels like...
  - ◇ A fun place looks like...A fun place feels like...



## What I like to

### Wear

#### Questions:

What item of clothing do you have that you prefer the most to wear;

For school?

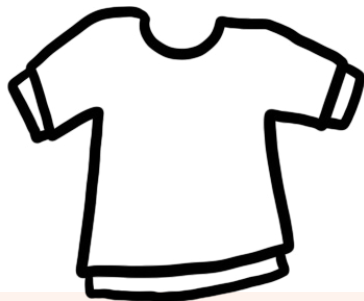
At home?

Going out?

What's the softest fabric you've ever touched?

#### Activity Suggestions:

- Make a collage of different fabrics and textures



## My Foot

#### Activity Suggestions:

- Draw around your foot with your shoe on, with your sock on or your bare foot
- Make a foot print by painting the sole of your foot then standing on a your jigsaw or body piece/s

## My Favourite Thing

#### Questions:

What/who/where is your favourite thing?

#### Activity Suggestions:

- Draw/paint/collage or write about it.

## My Foods

#### Questions:

What do you really like the taste of?  
Sweet or savoury? One or both?

What do you really dislike the taste of?  
Sweet or savoury? One or both?

#### Activity Suggestions:

- Create a plate of the tastes you enjoy
- Create a plate of the tastes you really don't like



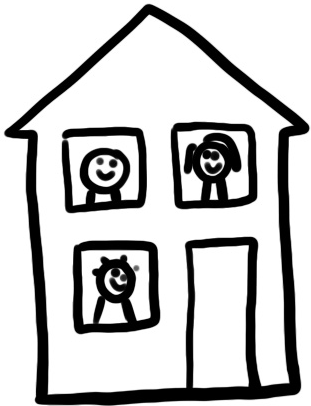
## My Family

### Questions:

How might you describe your family?  
Who lives in your home with you?

### Activity Suggestions:

- Create a family tree
- Draw your home with the people who live there in each window



## My Heritage

*Heritage can be described as a place of birth, practices and customs passed on by tradition or objects and property passed from one generation to another.*

### Questions:

Share your heritage stories together.  
Where were you born – country/  
region/city/town/village?  
Are you aware of any family traditions  
linked to religion or culture?  
Are there any activities or special  
objects that are linked to your family  
heritage which you cherish?

### Activity Suggestions:

- Recreate any family name, country traditions, flags or emblems
- Represent something special to you about your heritage

## My Very Own Pattern

In some countries there are regional fabric patterns linked to country, region, family, tribe or clan.

### Activity Suggestions:

- Recreate a pattern linked to you
- Create your own personal pattern to paint on some fabric – what will you call it?

