

My Family Creates



Activity Pack

Hints And Tips For Parents & Carers

With all these activities, we encourage you to do them as a family. There is no right or wrong. Do as little or as much as you like and have fun!

All videos mentioned can be found on the Huddersfield Literature Festival website.

Activity 1 – Rainbow Feelings Poems

- These poems are about different feelings and things you could do to help with some feelings.
- Remember to watch the Rainbow Feelings Videos and learn how to sign different feelings in Makaton.

Activity 2 – I am feeling...

- Mood boards are a great way of communication with SEN children as it helps us understand the feeling and help get these important messages sooner rather than later.

Activity 3 – Colourful Fireworks

- You can fill colours in the pictures by:
 - o dabbing paint using brushes or fingers
 - o use stamps or colour with pencils
- Can you create your own firework picture with sparkles, rockets, swirls, loops, zig zags and stars?
- Remember to watch the firework animation video.

Activity 4 – Reading From 'Help! I Can't Dance Without My Bhangra Pants!'

- Maybe try snuggling up together before reading the story extract. You might even want to go in a den.
- Remember to watch the videos and listen to the reading and have a go at some Bhangra moves.

Hints And Tips For Parents & Carers

Activity 5 – Changing Chunnis

A Sensory Chain

- You might want to add other items wrapped into the chunni that can be squeezed
- See if the whole family can join in and hold the chunni

The Dancing Chunni

- See if the whole family can join in and hold the chunni
- Maybe try playing your favourite music

Sensory Den

- You may want to add your favourite toys, lights and music.
- You may want to read in here together

Activity 6 – Make A Bag Of Calm

- A Bag Of Calm is a collection of items to help children manage their emotions in a positive and a safe way. You can take your bag of calm out and about with you especially if you are visiting new places.
- You might want to add:
 - Headphones to cancel out noise
 - Bubbles
 - Stretchy slime
 - Weighted blanket
 - Balloons
 - Push poppers
 - Fidget toys
 - Scented hand lotion
 - Favourite drink
 - Piece of fruit

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Activities and Videos have been created by Nisha & Salma Creations



Activity 1 - Rainbow Feelings

Read the poems and learn more about different feelings and how to feel better.

Everybody has rainbow feelings
Sometimes five in a day
My feeling might change,
stay or even go away

I am happy



When I am on the swing
I feel happy, I feel happy
A GREEN mood
When I am feeling happy, I giggle
But I feel even better
When I can go faster

I am calm



When I have my blanket
I feel calm, I feel calm
An ORANGE mood
When I am feeling calm, I am peaceful
But, I feel even better
When I can wrap myself in my blanket

I am sad



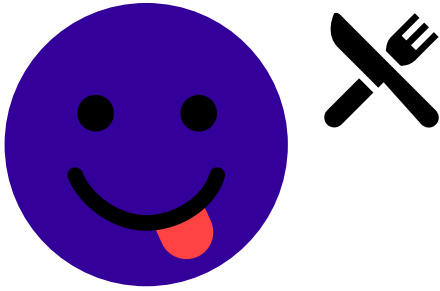
When my mummy goes to work
I feel sad, I feel sad
A BLUE mood
When I am feeling sad, I am tearful
But I feel better
When I can move and clap

I am worried



When I visit somewhere new
I feel worried, I feel worried
A YELLOW mood
When I am feeling worried, I am quiet
But, I feel better
When I have my play dough

I am hungry



When I feel low
I feel hungry, I feel hungry

An INDIGO mood

When I am feeling hungry, my head hurts
But, I feel better

When I have my favourite snack

I am angry



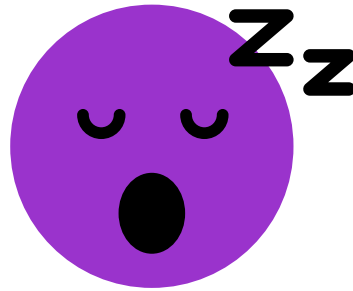
When I'm given one biscuit instead of two
I feel angry, I feel angry

A RED mood

When I am feeling angry, I am fiery
But, I feel better

When I breathe in and out, breathe in and out

I am sleepy



When I yawn
I feel sleepy, I feel sleepy

A VIOLET mood

When I am feeling sleepy, I don't join in
But, I feel better

When I close my eyes and cuddle my toy

Everybody has rainbow feelings
Sometimes five in a day
My feeling might change,
stay or even go away

Activity 2 - How Are You Feeling?

Can you and your family point to one of the faces to describe how they are feeling?

I am happy



I am calm



I am sad



I am worried



I am hungry



I am angry

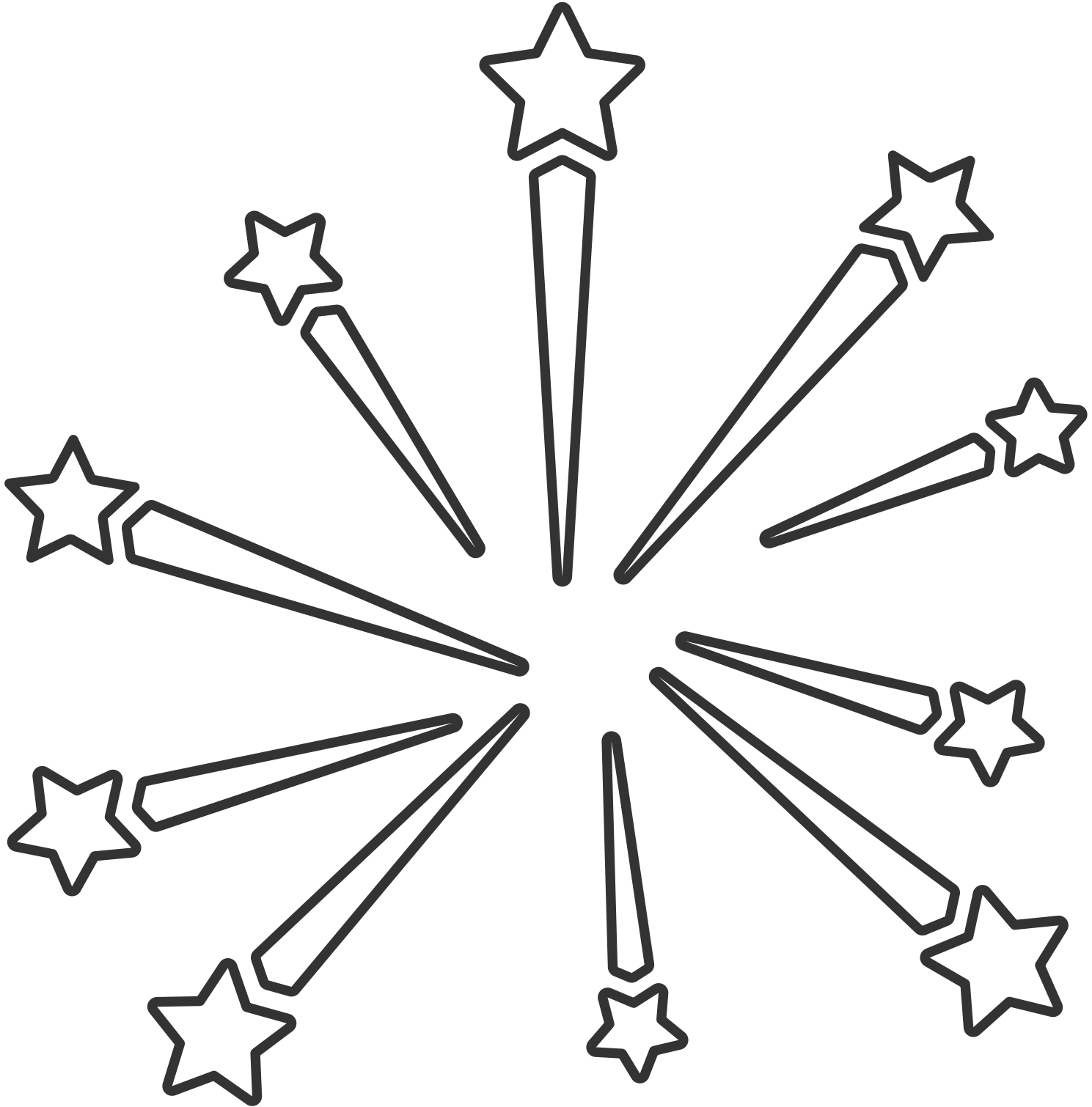


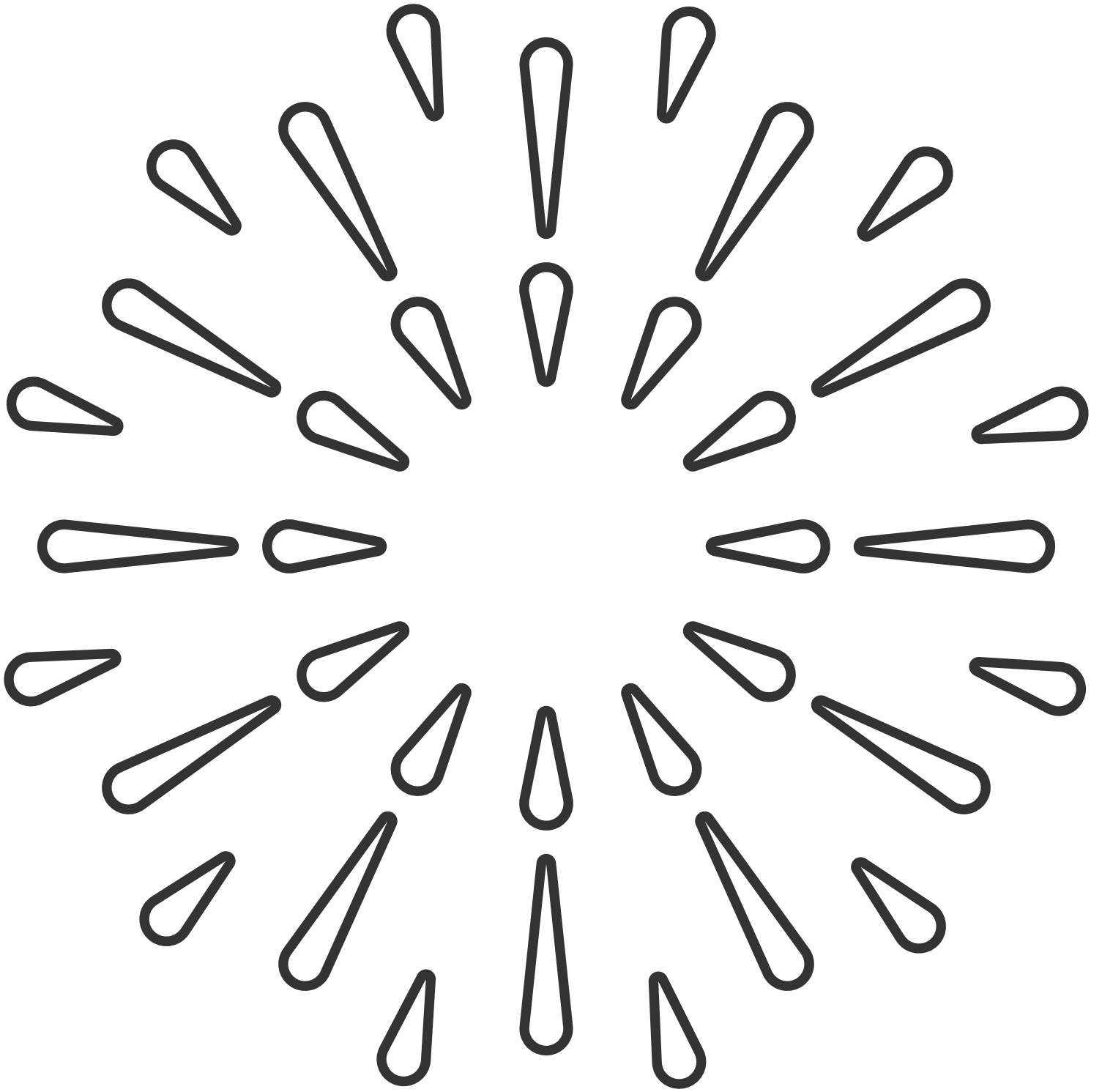
I am sleepy

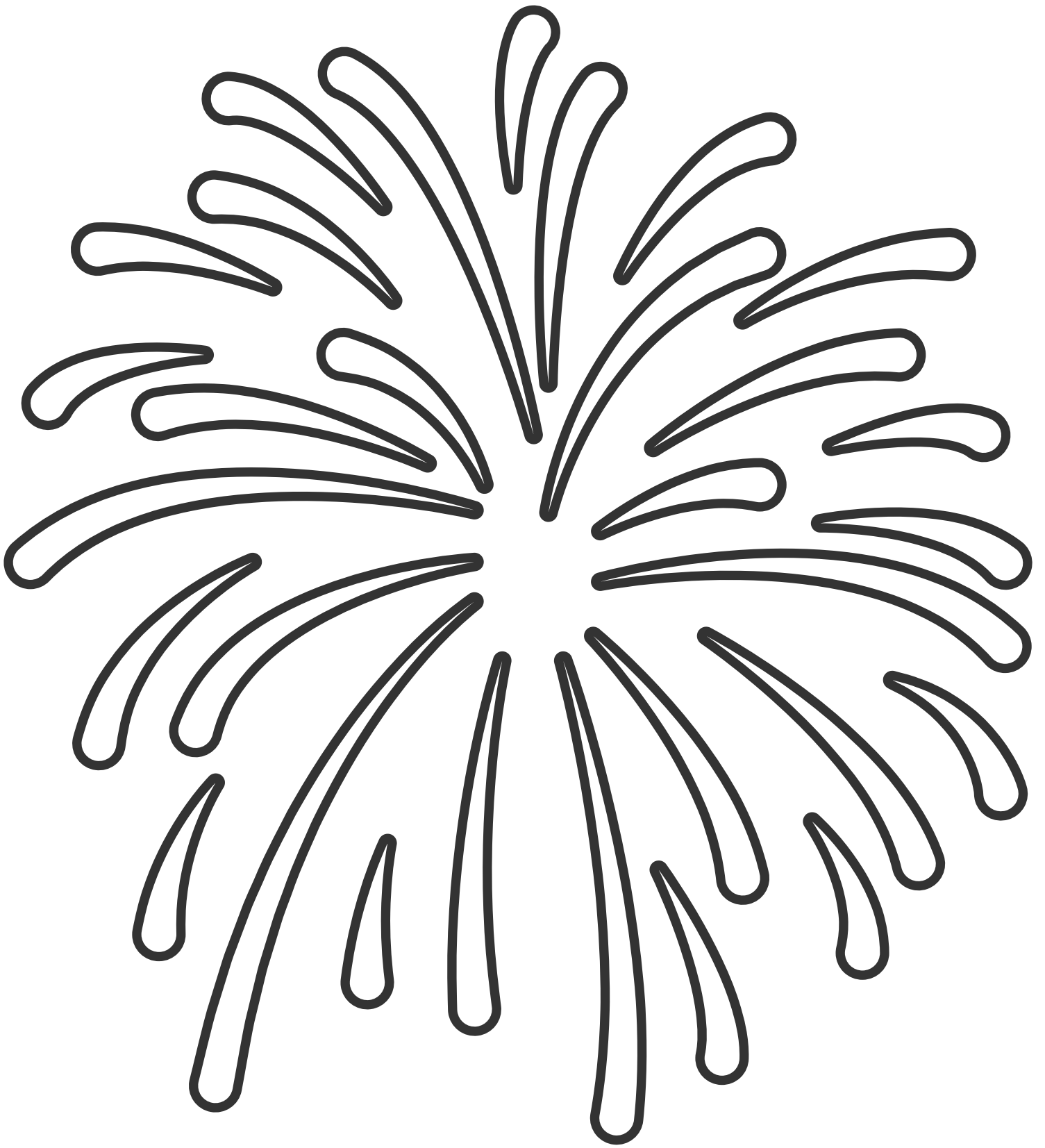


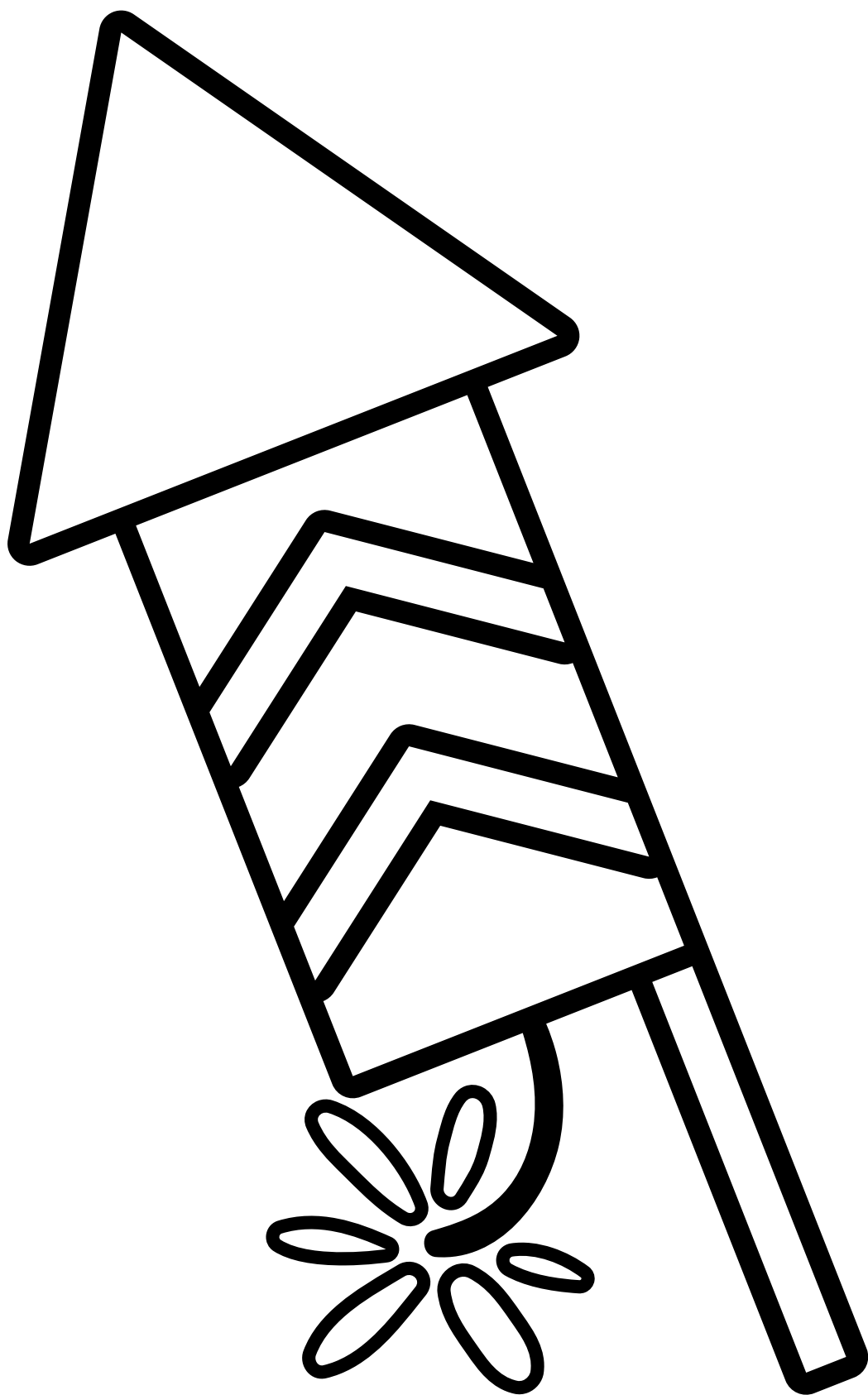
Activity 3 - Colourful Fireworks

Can you add colour to the firework shapes?









Activity 4 - Reading

HELP! I Can't Dance Without My Bhangra Pants

Read about Amaan and his Bhangra pants.

In his dance class Amaan tries hard to keep up with the rest of his dancing friends but he keeps slipping and tripping. One day Amaan finds a pair of magical Bhangra dance pants which belonged to his dad. He puts his magical Bhangra dance pants on, in the hope that he will not slip or trip during his dance class.

Suddenly, Amaan feels a tingling sensation throughout his body and he starts to hop and bob, and shouts "o balle balle" and "shava shava" without a slip or a trip. Everyone looks on in awe of Amaan's new found dancing skills.



During the class break Roberta Amaan's dancing friend hides the pants because she becomes jealous that Amaan was dancing so well and she wanted to be the best dancer in the class. When Amaan realised his magical pants were missing he became sad and was unsure how to dance anymore.

However, Amaan decided to dance with or without his magical pants. As he jumped with joy, he shrugged his bhangra shoulders and hopped and bobbed from one foot to the other.

He smiled confidently.

When everyone finished dancing the teacher clapped loudly. Amaan realised that it wasn't his pants that were magical it was his belief in himself that he could dance was where the real magic was.

Section from 'Help! I Can't Dance Without My Bhangra Pants!' by Salma Zaman.

Activity 5 - Changing Chunnis

Change your colourful chunni scarf into...

A Sensory Chain



A Dancing Chunni



A Sensory Den



Activity 6 - Make a Bag of Calm

Fill your Bag Of Calm with your favourite things that make you happy and calm.

