



Busy Bags - . These can be used in the 'cooling off' or 'time out' section of the classroom. They are a really positive way to have a time out which will not only calm them but also give their self-esteem a boost doing a simple activity to create something. I hope you find them useful. I have included the card, ideas for what to put in the bag and resources if needed. I put my 'cool its' in zipper wallets. I put one or two out each day so that children of all ages could do a 'cool it' if need be. The change in the child after completing a 'cool it' is amazing. Far better than sitting in silence.

The boy has black hair.

Can you sit in the rocking chair?

I have a pair of odd socks.

Can you go up the stairs?

It is fun at the fair.

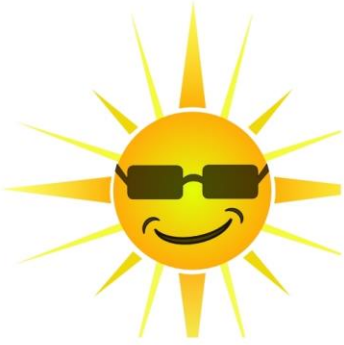
A fairy can cast a spell.

Cool it challenge



Pick a sentence, read it,
then draw a picture to show
you understand it. Write the
sentence underneath.

Cool it challenge



Create a chain using
coloured paper clips.
Can you make a pattern
with the colours? How
long is your chain?



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Busy Bag to contain the above laminated card,
coloured paperclips and a ruler or tape measure.

Cool it challenge



Write about a time
when you felt happy.
When or where was it?
What did you do?

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Busy Bag to contain the above laminated card,
handwriting pen or pencil and lined paper.

Cool it challenge



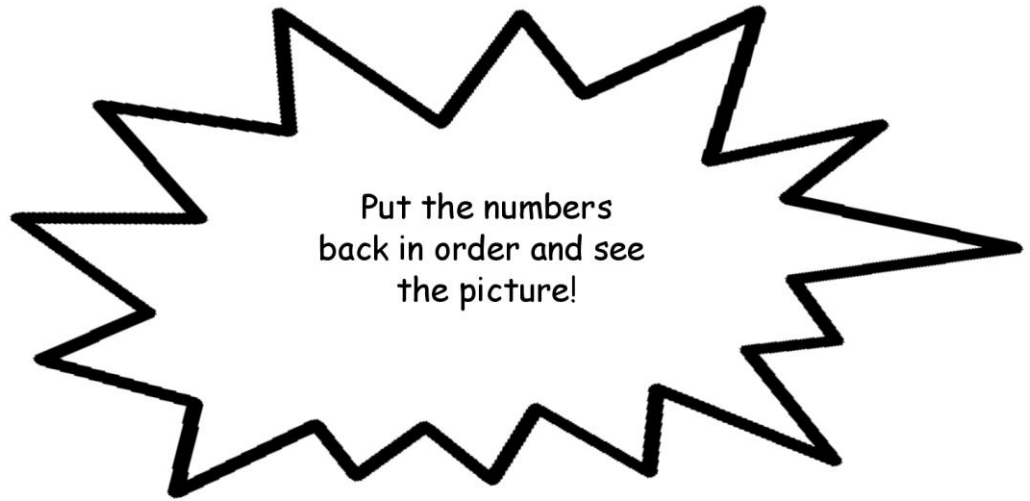
Throw 2 dice, write
the number sentence
then add up.



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Busy Bag to contain the above laminated card, 2 dice, squared paper, pencil and rubber. Put the dice in a little tub [like this](#) to avoid dice rolling around the floor.

Cool it challenge



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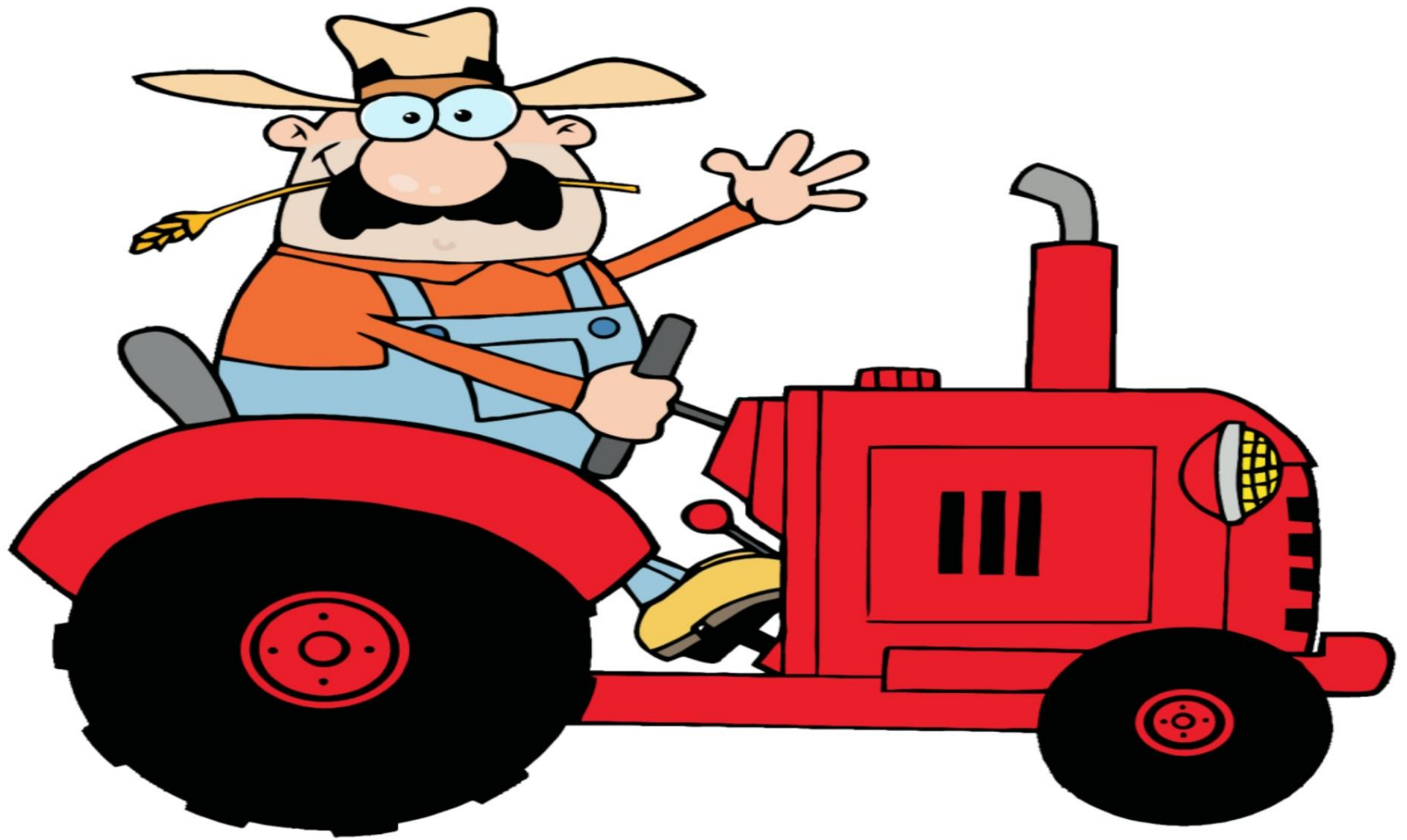
Busy bag to contain the above laminated card and the picture puzzles on the next pages. Laminate and cut straight up between each number to make strips which include the picture. The child orders the numbers and makes the picture.



1	2	3	4	5	6	7	8	9	10
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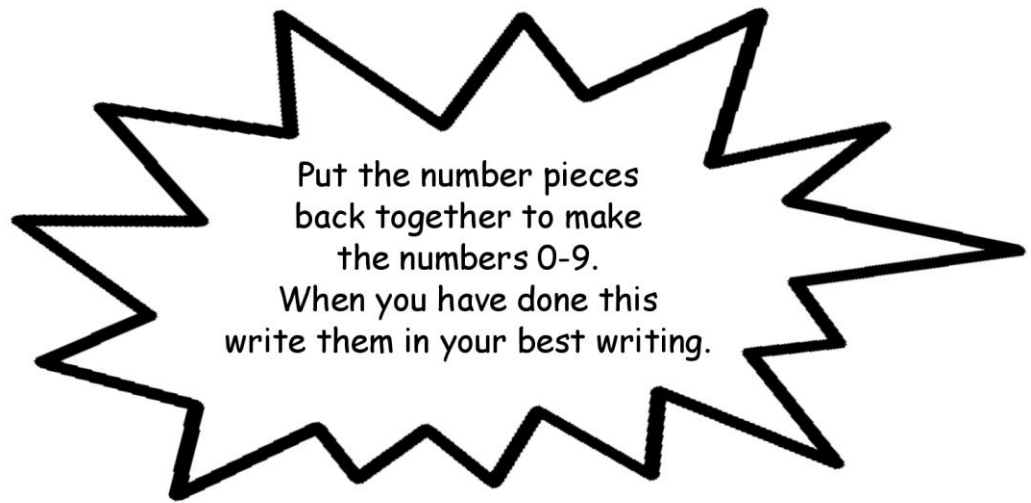


1	2	3	4	5	6	7	8	9	10
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1	2	3	4	5	6	7	8	9	10
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Cool it challenge



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Busy Bag to contain the above laminated sheet and the following sheet, laminated and cut into individual numbers and then cut across on the lines to make puzzle pieces. Also include a pencil and paper.

0

1

2

3

4

5

6

7

8

9