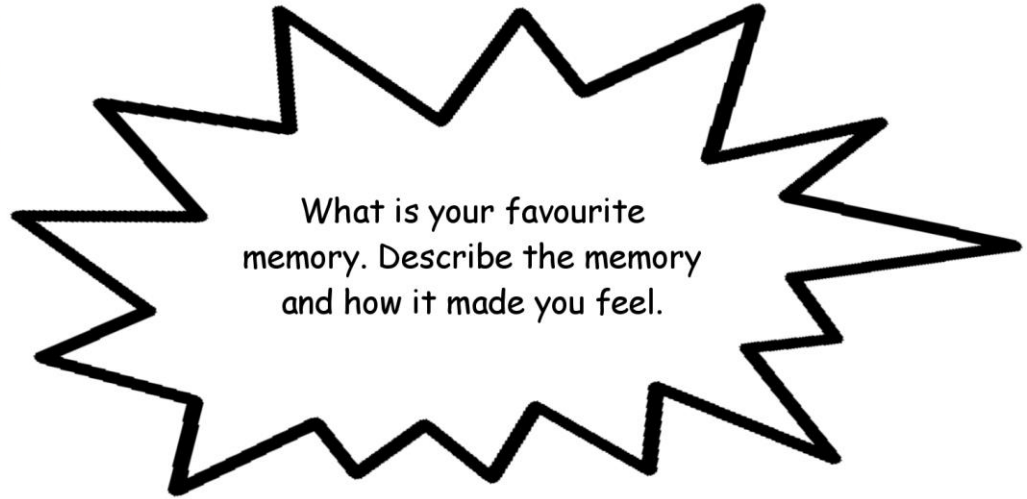




Here are some ideas for Busy Bags. These can be used in the 'cooling off' or 'time out' section of the classroom. They are a really positive way to have a time out which will not only calm them but also give their self esteem a boost doing a simple activity to create something. I hope you find them useful. 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.

Cool it challenge



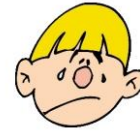
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Busy Bag to contain the above laminated card, a handwriting pen, lined paper and a list of emotion words.



Happy words

glad
cheerful
sunny
thankful
ecstatic
gleeful
overjoyed
delighted
satisfied
merry



Sad words

tearful
unhappy
sorrowful
depressed
desolate
mournful
lonely
dismayed
anguish
desperate



Angry words

irritated
enraged
furious
bitter
aggressive
resentful
incensed
fuming
provoked
upset



Afraid words

fearful
terrified
anxious
alarmed
wary
timid
nervous
panic
scared
suspicious

Cool it challenge

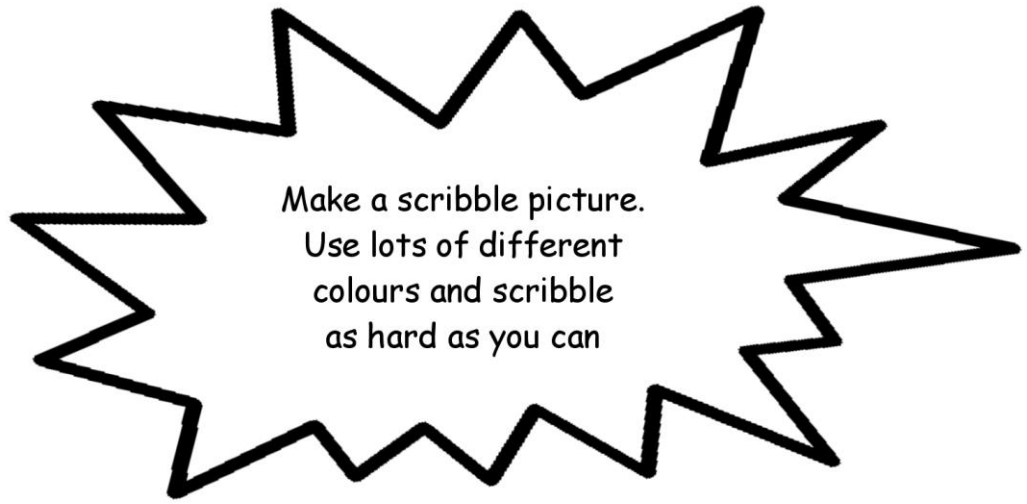


What if you won a million pounds. What would you spend it on?

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

Cool it challenge

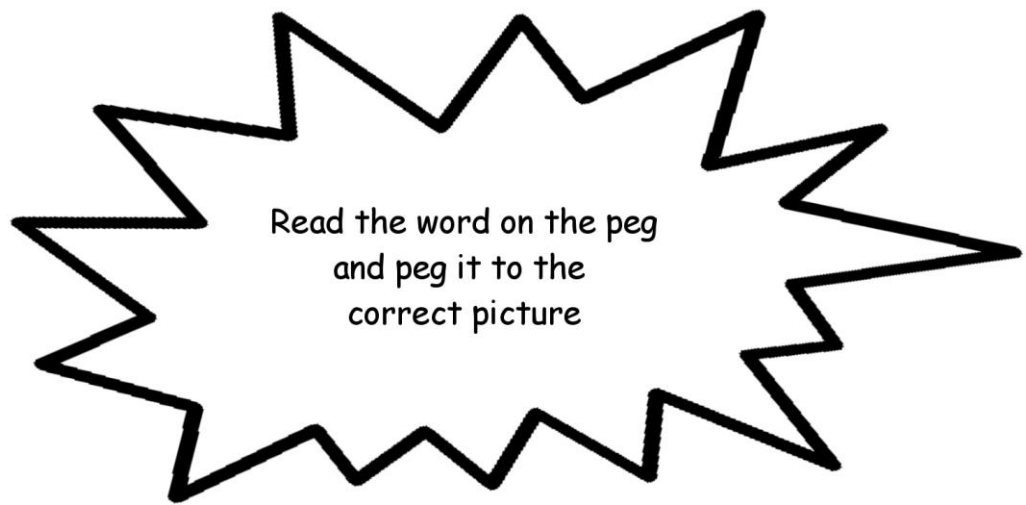


Make a scribe picture.
Use lots of different
colours and scribe
as hard as you can

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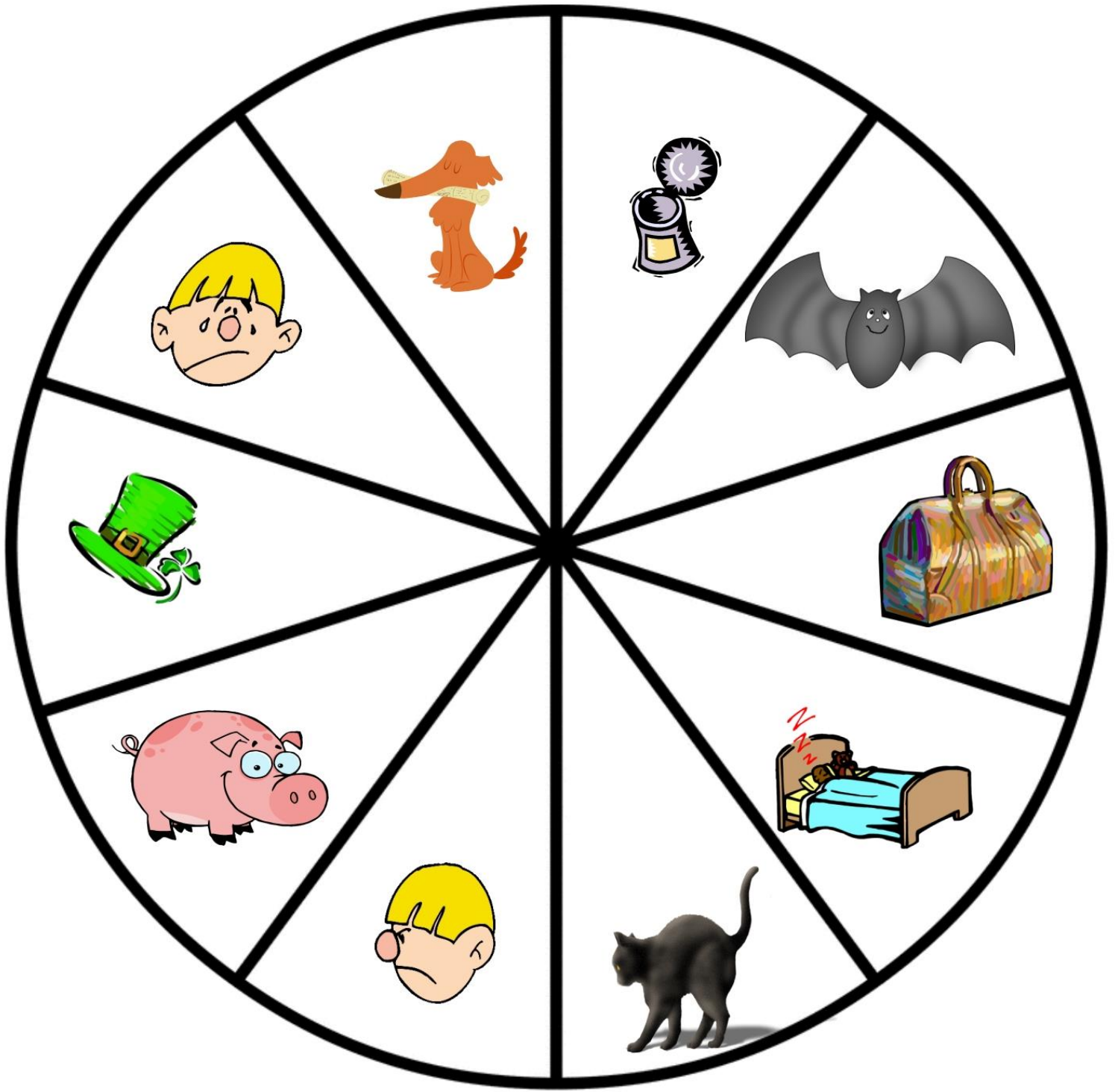
Busy Bag to contain the above laminated card,
coloured wax crayons and plain paper.

Cool it challenge

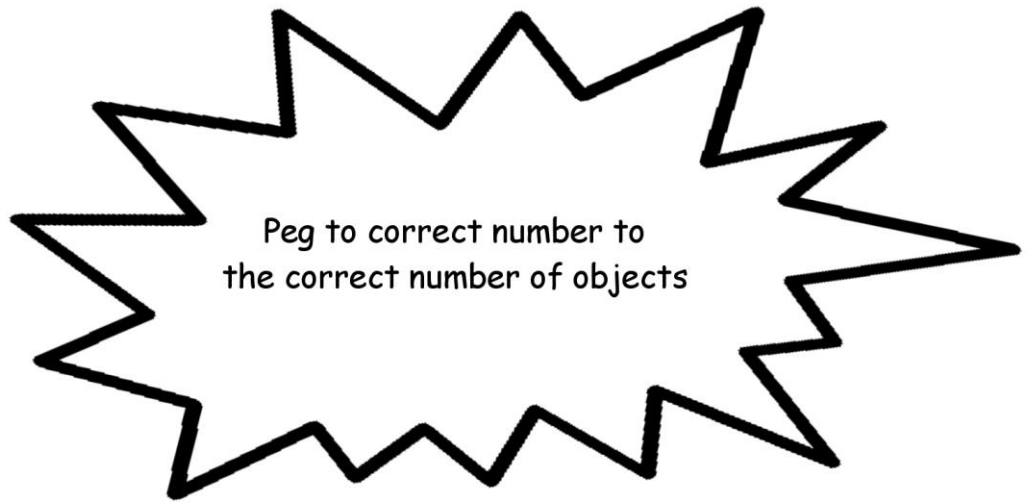


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Busy Bag to contain pegs with words written on and the following laminated picture wheel.



Cool it challenge

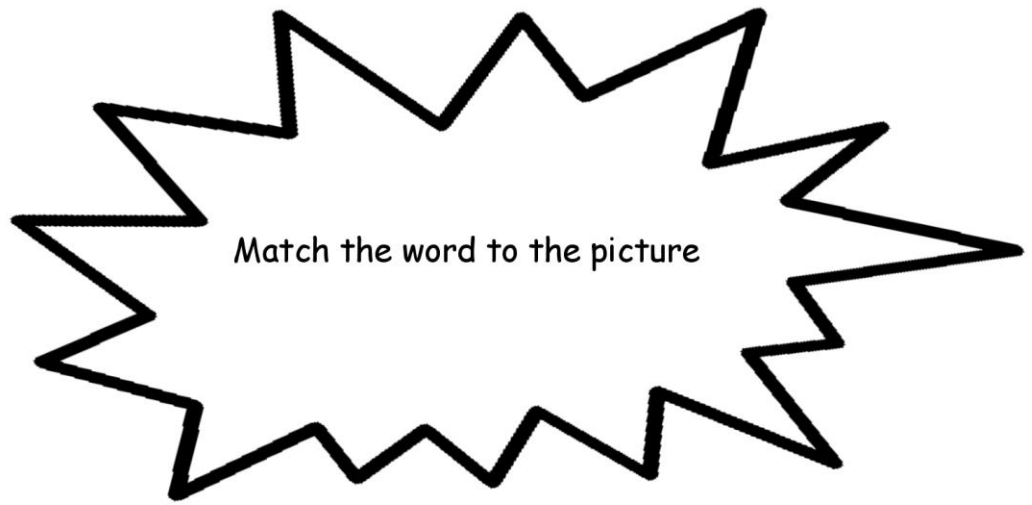


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Busy Bag to contain the above laminated sheet, pegs with numbers written on and the following laminated wheel.



Cool it challenge



Match the word to the picture

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Busy Bag to contain the above laminated card, the following sheet laminated and cut into squares.

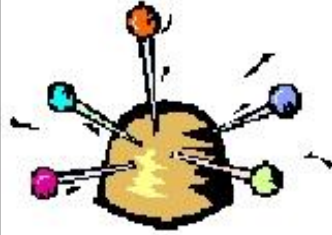
sit



tap



pin



dog



pot



tin



mat



man



map



pan



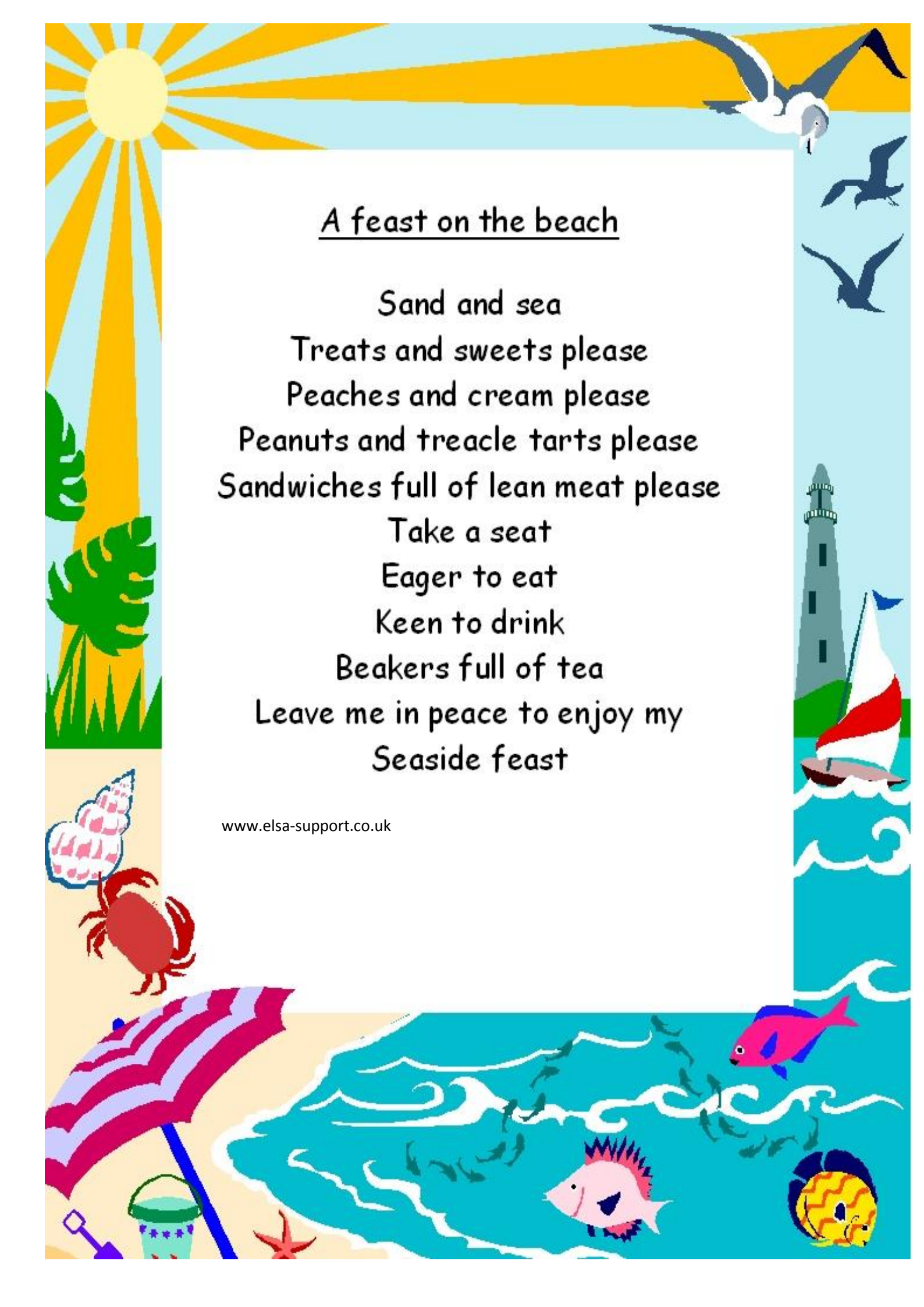
Cool it challenge



Read the poem then with
a drywipe pen underline
all the words with the
/ee/ sound

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Busy Bag to contain the above laminated card, the following laminated poem and a dry wipe pen.



A feast on the beach

Sand and sea
Treats and sweets please
Peaches and cream please
Peanuts and treacle tarts please
Sandwiches full of lean meat please
Take a seat
Eager to eat
Keen to drink
Beakers full of tea
Leave me in peace to enjoy my
Seaside feast

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Cool it challenge



Practise your number formation.
Can you write smaller and smaller?
When you have written all
the numbers then have a go
on paper with a pencil.

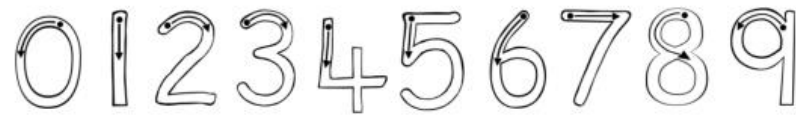
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Busy Bag to contain the above laminated card, a dry wipe pen, pencil, paper and the following laminated number sheet

Number formation practise



Practise writing smaller
and smaller

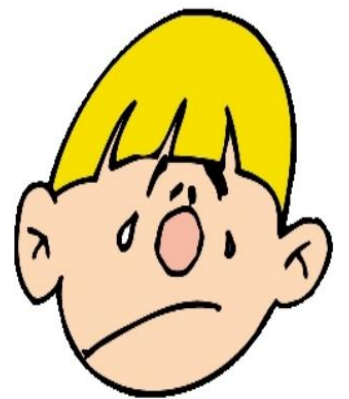
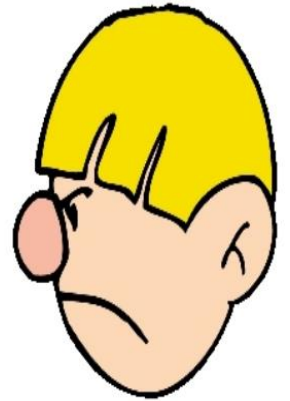
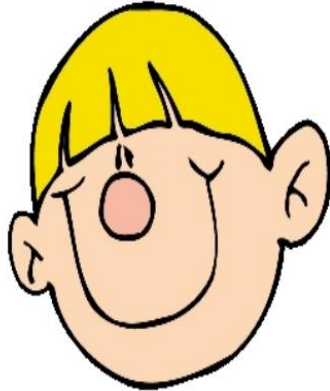


Cool it challenge



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Busy Bag to contain the above laminated card, photo copy of the following sheet and 3 labels with 'sad', 'happy' and 'angry', scissors and gluestick.



Sad

Happy

Angry