



Butterflies

Resource Pack





Welcome to Tangled Feet's Butterflies Resource Pack

This resource has been designed to accompany our production for children 'Butterflies', a Tangled Feet and Half Moon Theatre co-production.

Three friends embark on an exciting adventure to chase their butterflies away. They cross new seas to uncharted lands, on a journey filled with discovery. The only trouble is they're all a bit worried about it. During their voyage the group ride the waves, battle the storms and face their fears, before reaching dry land braver than ever before. Join our intrepid characters as they step into the unknown in an uplifting tale of friendship, courage and facing your fears.

To view the production please find it at
www.halfmoon.org.uk/halfmoonathome/live/
[www.youtu.be/U1p12Sgp93U](https://www.youtube.be/U1p12Sgp93U)

This resource pack has been designed for children to use independently or with an adult; to work through as they wish. If you would like to engage with our Mindfulness Project further we have several recorded sessions, for children, available on Tangled Feet's YouTube channel.

Hello...

We have all been on a bit of an adventure, of our own, these last few months. Just like Skip, Marshall and Holly you may have found things difficult along the way and had to show courage at certain times.

During this time you may have been feeling lots of different emotions. You might be feeling emotions such as sadness, relief, anger, fear, frustration, excitement or worry.

Watching our show 'Butterflies' may help you to make sense of some of these feelings and to understand that you are not alone. The three best friends in our play go on an adventure together and experience lots of things that make them feel worried and scared but by talking about how they feel and being together they achieve what they set out to do.

The activities in this pack will help you to think about, express, draw, write and talk about what you are feeling.

We hope that these activities and ideas will give you a toolkit to use whenever you feel worried. This pack belongs to you...



Create Gratitude Each Morning

Every morning when you wake up, with all of your heart, can you say three things for which you are grateful?

We say thank you for this brain that lets me have clever thoughts.

We say thank you for the trees that give me clean air to breathe.

We say thank you for all the people that we love in the world.

What are your top three things to be grateful for?



Make A Worry Jar

Some days we can feel lots of worries bumping about in our heads. The worries might make us feel wobbly, sad, confused, cross or a mixture of all of these.

By writing or drawing these worries it can help us to let them go. Ask your grown up if you have a jar or a plastic tub.

Can you make the worry jar special to you by decorating it with stickers or little pictures you have drawn?

Ask your grown up to help you cut up some small squares of paper (10x10cm)

Whenever you have a worry use one of the little pieces of paper to write or draw it, focus on the worry leaving you as you write or draw it. Now put your worry in the jar or tub.

Feel proud that you have expressed your worry and let it go.

Wiggle Warm Up

Stand up tall.

Start a wiggle in your toes, really concentrate on that wiggle.

Now move the wiggle to your knees, then legs, bottom, tummy, shoulders, arms and lastly fingers until your whole body is wiggling.

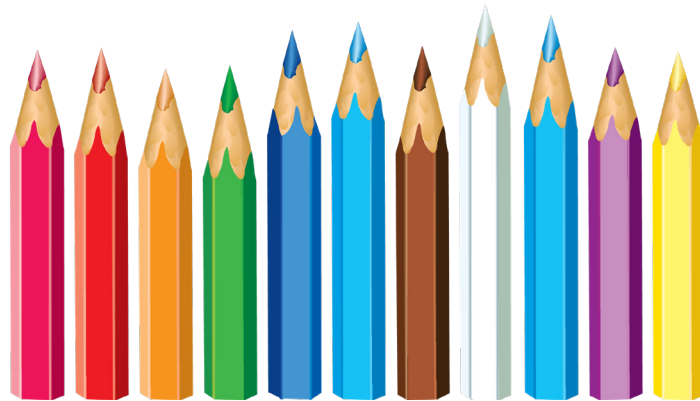
Keep the whole body wiggle going
Rest for 5 seconds.

Now reverse the wiggle

This time start the wiggle in your fingers, then arms, shoulders, tummy, bottom, legs, knees and lastly toes.

Enjoy the energy wiggling throughout your whole body.

Slow the wiggle down until you are still.



Being Mindful Each Day

At the end of each day can you write or draw one good thing that happened?
Why was it good? How did it make you feel?

Can you write or draw one bad thing that happened that day? Why was it bad?
How did it make you feel?

Can you share these things with your family?

Butterfly Wings

Sometimes we can feel like we have butterflies in our tummies.

When we feel them, we can make a butterfly with our hands to help them fly away.

To start, hold your hands up, with palms facing you, near your shoulders.

Move them towards each other, until the palms pass each other, and you can hook your thumbs.

Now your hands can become butterfly wings, can you fly your butterfly up high, down low and now to your heart?

Take some deep breaths as the wings flap slowly and calmly.

Let's fly our butterfly to our tummies. Now let the butterfly fly way!

Did you know that even though butterflies are small, delicate creatures, some species are so strong and can fly thousands of miles to find new homes for different seasons.



Mindful Breathing

This can be done using the paper boat you will make in the next activity or you can use your favourite teddy or toy.

Can you balance it on your belly?

To start let all the air that is in your body out.

Breathe in 2, 3, 4 and then out 2, 3, 4. Watch your boat or teddy go up and down.

Do it nice and slowly, so your boat or teddy doesn't fall off!

Can you do that 4 times?

How does doing this make you feel?

(to accompany Rachel's video, available on Tangled Feet's YouTube channel)

How to make a paper boat in 10 easy steps

All you need is 1 sheet of A4 paper.

1. Fold in half – make a very sharp crease
2. Fold in half again – but this time just make a little line and open up again
3. Fold one corner to the middle line that you just made. Repeat with the other corner
4. This will make a triangle with a flap at the bottom.
5. Fold the flap up then turn over and repeat on the other side
6. This will make it look like a hat!
7. Now put your thumbs in the bottom and pull to make a square (make sure you tuck in your corners)
8. Now you have your square, fold one bottom corner up. Turnover and repeat on the other side.
9. Next you put your thumbs into the bottom again and pull out
10. You might need to tuck in the sides but you should now have your boat

Now try walking around with the paper boat on their heads, can you keep it balanced?

You can watch our video to help you make your paper boat on Tangled Feet's YouTube channel.



Big Heart Love

Draw a big heart on a piece of paper? If it's tricky ask your grown up to help you or use our template.

Think of someone who is very special to you, maybe a family member or one of your friends.

Can you fill up the inside of the heart with all the things that make them special.

Write words to describe them, what are their favourite things? Food, colours, animals, stories, films or TV programmes, hobbies.

Use their favourite colours to draw pictures and colour in the heart.

Can you deliver the heart to your special person?

Let's Blow Our Worries Away

Sometimes we have things that make us feel a little bit sad or upset but that's ok.

Let's use our paper boats that we made earlier to blow them all away!

So, draw all your worries and anything that scares you on to the boat.

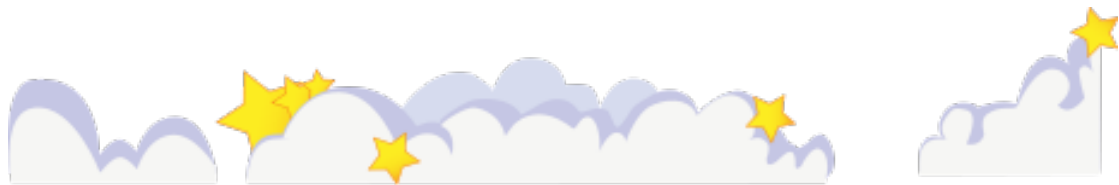
Lay on your tummy with your boat in front of you.

Now we use our breath to push these worries away. How far can you blow your boat away?

Once our worries have gone, we can think about the things that make us happy.

Why not make another boat? But this time we draw all the things we love and our grateful for on it.

Instead of blowing it out to sea, keep this boat safe to remind you of all the things that make you happy.



Cloud Gazing

Have you ever noticed the clouds in the sky moving?

Go to a window or to some outside space and look up. Lie on some grass and gaze up if you can.

What are the clouds doing today? Is it sunny? Are there lots of clouds or just a few?

Can you use your imagination whilst you watch them, what shapes can you see, any animals, characters, magical creatures or things from nature?

Shout them out as you see them and then watch as they melt away and change into a new shape.

How does it make you feel to watch the clouds?

Lighthouse Meditation

Find a comfortable spot, close your eyes and ask your grown up to read you the words below.

What does a lighthouse do?

It is a guiding light to help keep people safe, warn them of danger and bring them home from stormy seas.

Sometimes people can be like lighthouses.

Who are the lighthouses in your life? The people we can we talk to if we are worried, that keep us safe. Think of these people. Imagine them as a bright light.

Can we be our own lighthouses too? Can you use things you've learnt to help yourself when things feel stormy.

With your eyes still closed, slowly take some deep belly breaths.

Let all the air that is in your body out.

Breathe in 2, 3, 4 and then out 2, 3, 4

Repeat this 4 times and as you do imagine a bright light shining out of you.

You are your own lighthouse.



How to make a storm jar in 10 easy steps

All you need is 1 small pot with a lid that can be tightly sealed, water and some glitter.

1. Undo the lid of your pot
2. Fill the pot to two thirds full with water
3. Carefully sprinkle glitter into the pot
4. Fill with glitter until it covers the surface of the water
5. Reattach the lid of your pot
6. Make sure a grown up has sealed the pot shut for you so it cannot be reopened
7. Now shake your storm jar and watch the glitter move
8. Give the jar a big shake and keep watching until the last bit of glitter has stopped moving
9. Try taking some deep belly breaths as you watch the glitter settle, how does it make you feel?
10. Put your storm jar somewhere special to you, where you can play with it. It will help to settle your mind when it feels stormy.



Storm Rolls In, Storm Rolls Out

Sometimes our heads can feel stormy, full of clouds, lightening and thunder but just like a weather storm the storm in our head won't stay forever and will pass.

Can you learn this mindfulness technique to help you when things feel stormy?

Sit on your knees and make two fists in front of you, can you roll your fists around each other?

As you do this repeat "Storm rolls in" as you lean forward and roll your fists round each other forwards and then say "Storm rolls out" as you lean back and roll your fists backwards.

Take some nice deep belly breaths as you do this. Repeat the action a few times whenever you feel stormy. Remember that just like a weather storm, the storm in your head will pass.



The Rustling Leaves

Close your eyes and imagine a big strong tree, imagine the strong roots, the feel of the bark on your hand, the beautiful leaves.

What shape are the leaves? Now imagine the colour of the leaves, are they all one colour or a mix of colours? Think about how the leaf feels, is it smooth or bumpy?

Can you use your finger to draw you leaf on the floor in front of you, imagine filling in the colour.

Can you now draw your leaf on the palm of your hand, as you do this close your eyes and imagine the colour and the feel of the leaf, take some nice deep belly breaths as you do this. You can do this to help whenever you feel worried or cross.

Next time you are outside look out for the different shapes and colours of leaves



Exercise is so good for your body and your mind. Have you ever tried yoga? Yoga is great for stretching your body, making you stronger, helping you to concentrate and to calm any feelings or worries.

Below are some brilliant yoga asanas (yogi speak for poses).

Why don't you try a new one every day?

Boat Pose

Sit on your bottom – can you find the boney bit? These are your sitting bones!
Now we are going to try to balance on these.
Can you lift your legs? Can you lift your arms?
Don't worry if you roll onto your back, Try Again!
Can you balance on your bottom while you count to 5? Keep practicing.
Good for strengthening back and abdominals.
Encourages balance and concentration.

Tree Pose

Start by standing really tall. Let's pick our favourite leg, we are going to balance on that leg.
Can you lift the other foot and place it on your favourite leg?
Reach your arms all the way up like branches.
Now if you feel a little "wibbly wobbly" find something that is not moving to look at.
This will help you feel more balanced.
Make sure you try to balance on the other leg too!

Opens hips and strengthens legs.
Helps with focus and concentration.

Eagle Pose

Can you lift one leg?

Let's hook it over the other so one knee is on top of the other.

Now try to sit down, like you are sitting on a chair.

With our arms we are going to put one on top of the other, next bend your elbows so our fingers point towards the ceiling.

Can you try to hold your hands with your arms crossed?

Don't forget to try it on the other side!

Children to do the pose and then finding a spot to focus on to build concentration
Stretches upper back, shoulders, fingers and wrists.

Refreshing and invigorating to the spine. Refreshing and invigorating for the brain.

Building balance from Tree Pose

Spider Pose

Start by sitting on your bottom; remember those sitting bones, can you find them again?

Now put the bottoms of our feet together (These are called the soles of our feet).

Next, we put our hands in between our legs and underneath our knees.

To finish the pose, try to lift your bottom off the ground and balance on your hands.

This is a very tricky pose and takes lots of practice so keep trying!

Strengthens arms, hands and abdominals.

Focus on strength and practice.

Helps eliminate waste and toxins.

Half Moon Pose

To start step your legs quite far apart. Now we place our hand next to our front foot.

Make sure it's the hand on the same side of your body as your front foot.

Next try to lift your back leg so you can balance on one foot and one hand.

Can you reach the other arm up towards the ceiling?

Don't forget to do it on the other side!

Strengthens legs, hips and arms. Tones torso.

Building strength and coordination.

Downward Dog

Start on your hands and knees, now let's lift our bottoms in the air like we are an upside-down letter V

Can you waggle your tail like a dog?

What sound does a dog make?

Can you stretch one leg all the way in the air? Try the other side. What about your arms?

Now think of your favourite animal. How would they move? What sounds would they make?

Think about a snake or a frog? How would they move?

Strengthens body.

Sends blood to the brain.

Nourishes the mind.

Warrior 1

To start take a big step forward. Now have a big bend in your front knee and keep the back leg straight.

Next, we place our hands on our heart – think of all the things that make you magical. Feel them in your finger tips and shoot them up to the ceiling. Can you keep your arms up in the air while you count to 5?

Make sure you do it on the other side – jump to swap legs.

Strength and grounding posture.

Self confidence and positive self image.

Teaching self-acceptance and self-love.

Warrior 2

To start take a big step forward. Now have a big bend in your front knee and keep the back leg straight...

Now your arms are going to be your bow and arrow! Can you place your front hand on your heart and fill it up with all your energy?

Now shoot it forward like an arrow.

Can you keep one arm in front and one arm behind, while you count to 5?

Make sure you do it on the other side – jump to swap legs.

Strengthens and stretches legs and ankles

Stretches lungs

Teaches peace and courage

Warrior 3

To start pick your favourite leg, that is the one we are going to balance on.
Now lift your other leg up into the air like you are a capital letter T
Now reach your arms forward like you are flying.
Don't worry if you fall over. We try again!
Make sure you try to balance on the other leg too.
Can you balance while you count to 5?

Strengthens leg and back muscles.
Improves balance and coordination.

Butterfly Pose

Start by sitting on your bottom; remember to find those sitting bones.
Place the bottom of your feet together (remember these are called the soles).
Now using your thumbs can you open your feet like a book?
Gently flap your knees like wings.
Close your eyes and imagine what colour butterfly you would be?
Where would you fly to?
Now can you hold your toes? Stretch one leg in the air. Now stretch the other leg.
Can you balance on your bottom with your legs stretched in the air?
Encourages flexibility in knees and hips.
Increases blood flow.
Encourages children to sit still.
Reduction in stress and anxiety.

For help with carrying out these yoga poses please go to
Tangled Feet's YouTube channel and search for the Butterflies
Resource Pack Yoga Poses video.

My To Do List

It's so nice to have things to look forward to, big or small.
When times are difficult it's nice to plan what we'd like to do when we can. What are you looking forward to?

When this is all over I will...



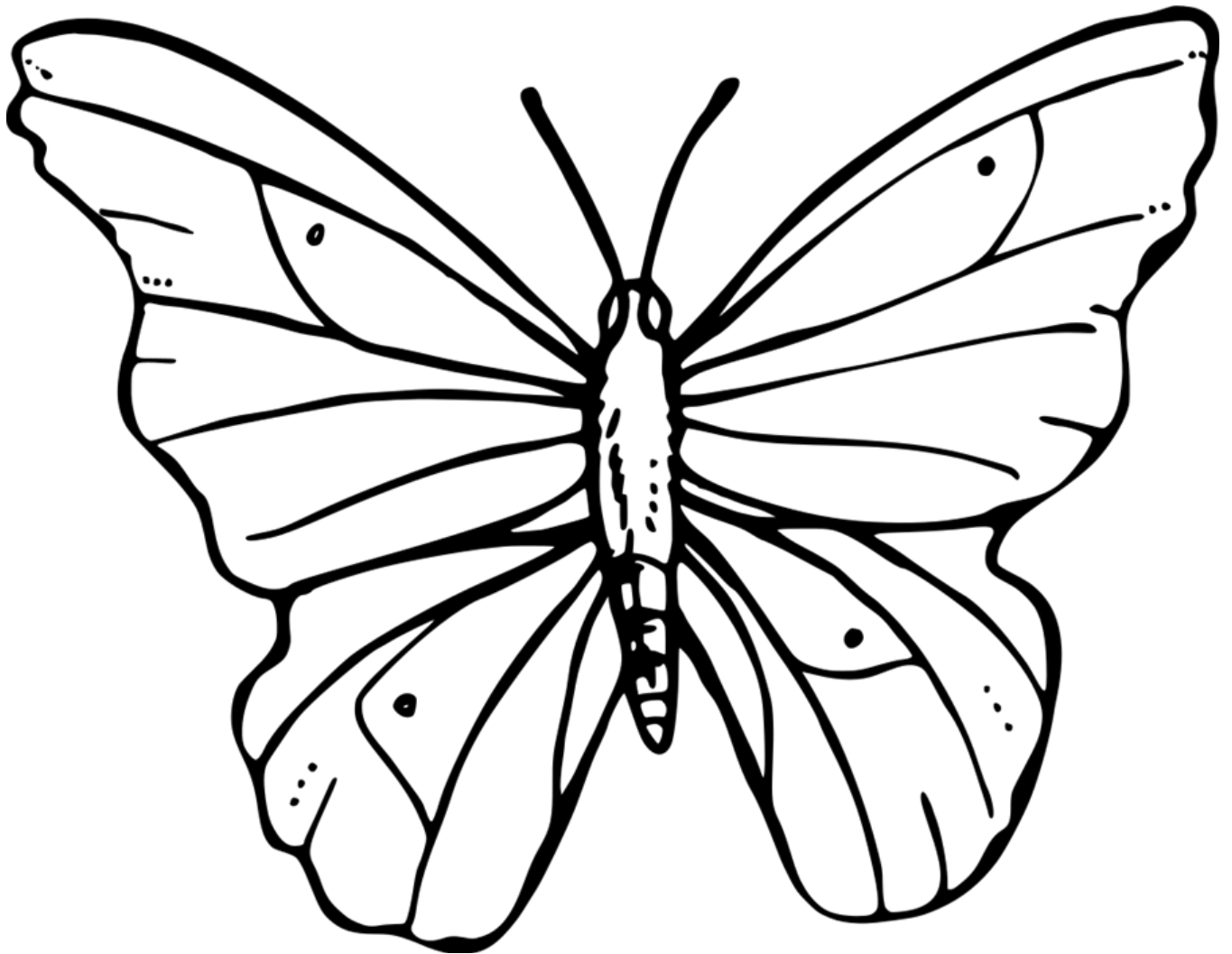
Colour Me In

What colour are my wings?

Where will I fly to?

What is my favourite flower to land on?

Why not print this off to colour in and send it on to someone special



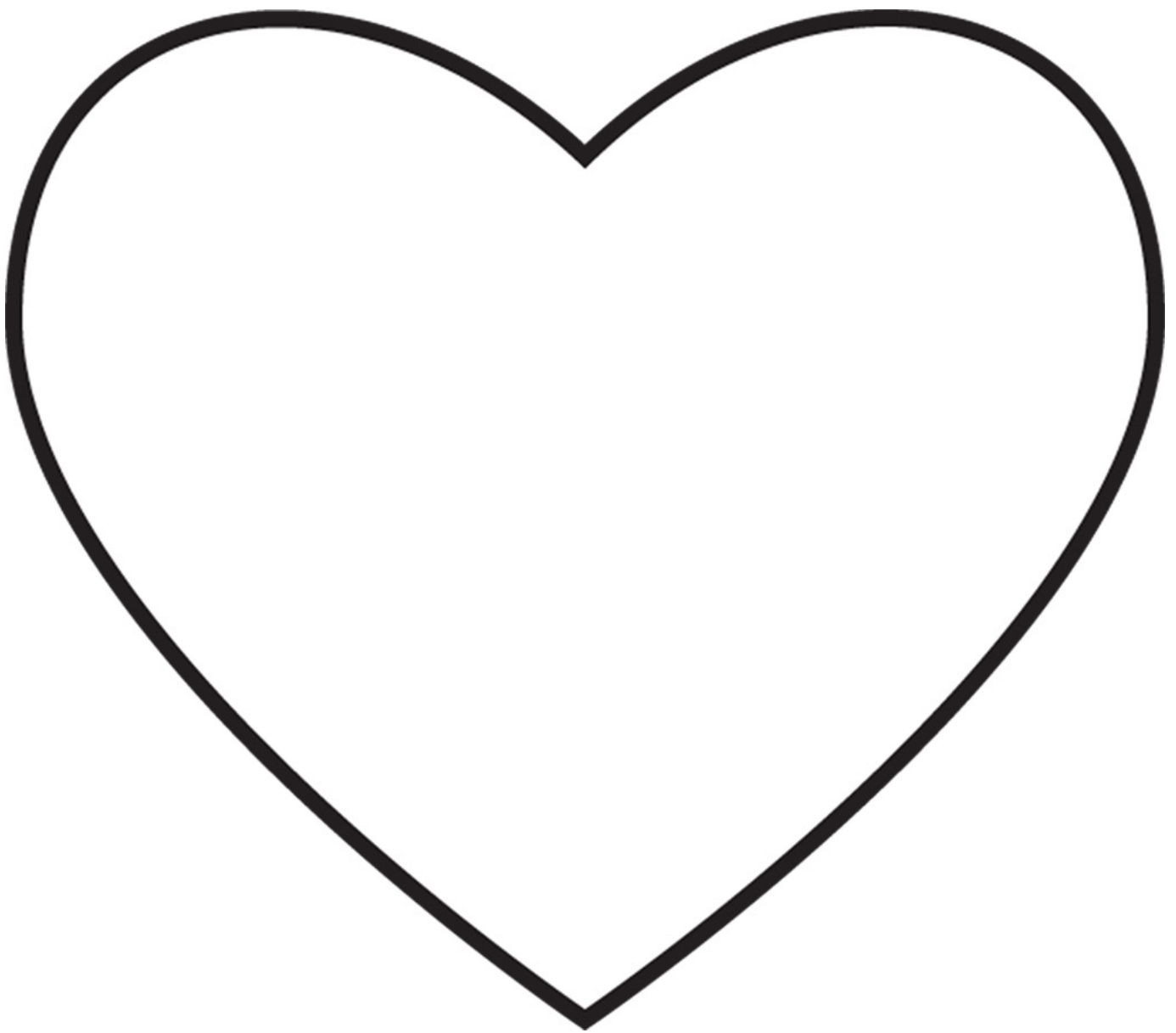
Colour Me In.

Who are the lighthouses in your life?

Can you draw these people on and around your lighthouse?



Big Heart Love Template



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