

Use it to speak a prayer or a wish or a hope or a dream -
and imagine your words going up and up, taking wing,
and causing good things to happen.

A Luggage Label

We tie labels to our luggage in case it gets lost. Some of us have lost family members or friends who were ill in the pandemic. We have lost time with friends and family members who don't live with us. When workplaces closed, some people lost their jobs. When schools closed, we lost learning, we lost time with friends, we lost a safe and happy place. We have lost clubs and sports and games.

Some of the things and some of the people we have lost will come back. Some won't. But if we choose to name them and remember them and keep them in our hearts and dreams, then they won't be lost forever. Write on the luggage label the names of people you have lost or things you really miss. It's alright to have a little cry together.

Looking for some things to do together?

Have a look here:

<https://www.bbcchildreninneed.co.uk/changing-lives/covid-19-resources/>

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A Hug in a Bag

Lockdown has been hard for lots of people.

Some people have felt very lonely.

Some people feel scared or worried.

How do you feel?

This little bag is for you to use by yourself
or to share in a family time.

It has some things in it
to help you all explore your feelings.
You could use it once or many times.



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A heart

Hold the heart in your hand. We use a heart shape as a sign of love. Hold this heart and think about the people who love you and care for you. Talk about them. What's the nicest thing they have ever done for you? Remember it and how it felt. Count up how many people really care about you and love you. And think about people you love: think of something nice you could do to show them your love.

A Button

What would we do without buttons?! They keep our trousers and skirts secure. They keep our shirts and blouses safe. They keep our cosy jackets closed. Buttons are such simple and ordinary things but they hold two sides together. What things help you hold yourself together when you are feeling scared or worried or upset? Make a list of the things that make you feel safe and warm and secure. Pick something from your list and go and get it or do it.

A Seashell

Hold the seashell in your hand and remember a favourite day out or place or holiday. I love beaches in Orkney and always bring back a shell or a beach pebble to remind me of them. Remember a really special day out or holiday that you have had. Close your eyes and imagine being there again. Can you make a really rich memory? Think

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about the sights and sounds and smells. Imagine it all in your mind's eye. Plan what you will do when you finally get a chance to go there again.

A small glass Cabochon

Find the tiny little flat-backed glass bead. This is called a cabochon. Have a really close look at the picture inside your cabochon. Imagine, for a moment, being able to climb inside your own private little world - safe and quiet and private. Where would you go? What adventures would you have? Who would you share an adventure with? Maybe you could write a story about it later.

A Heart Paper Clip

Find a favourite book. Is there a line or an idea that you really like? Is there a quote that you love? Is there a picture you especially enjoy? Is there a poem or a song that means a lot to you? Is there a favourite story or character? Find that special page or picture. Read it or look at it and enjoy it again. Then mark it with your paper clip so that you can always find it again quickly.

A Scented Tea Light

Please don't light this yourself or when alone.

With someone helping you, find a safe place to light this candle. Use it as something to look at. Watch it dancing in the slightest movement of air. Use it as something to smell. What does the smell make you think about or feel?

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