

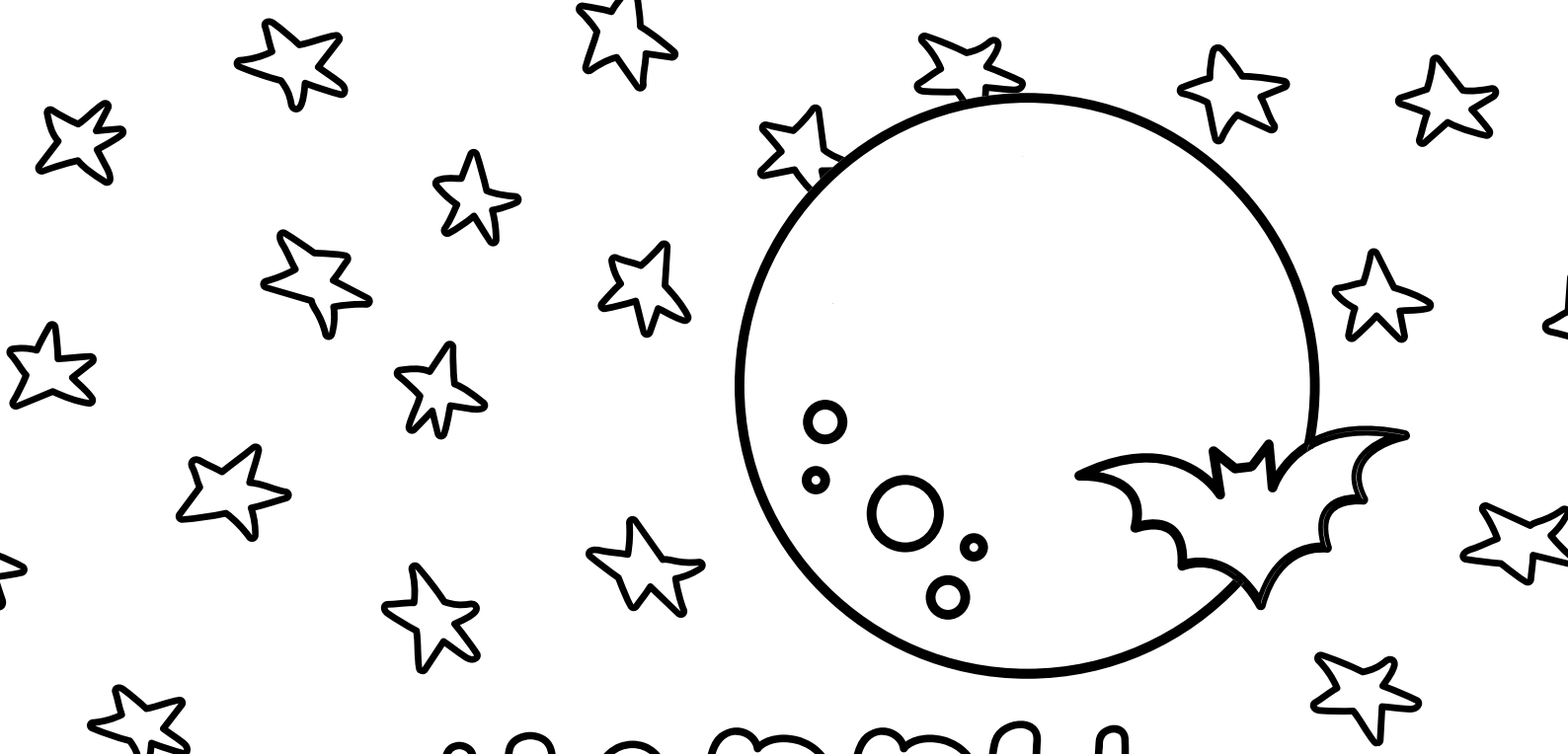
HALLOWEEN PACK

A fun and therapeutic pack for
use at Halloween



www.kyannwellbeing.co.uk





HAPPY HALLOWEEN



Colour me in!

Halloween Drawings

Draw a picture to match each of the words



Witch

A large empty rectangular box for drawing a picture of a witch.

Pumpkin

A large empty rectangular box for drawing a picture of a pumpkin.

Monster


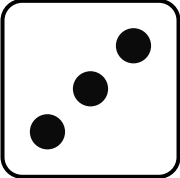

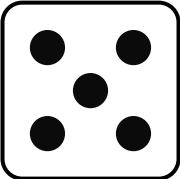



A large empty rectangular box for drawing a picture of a monster.

Spider

A large empty rectangular box for drawing a picture of a spider.

Halloween Dice Game

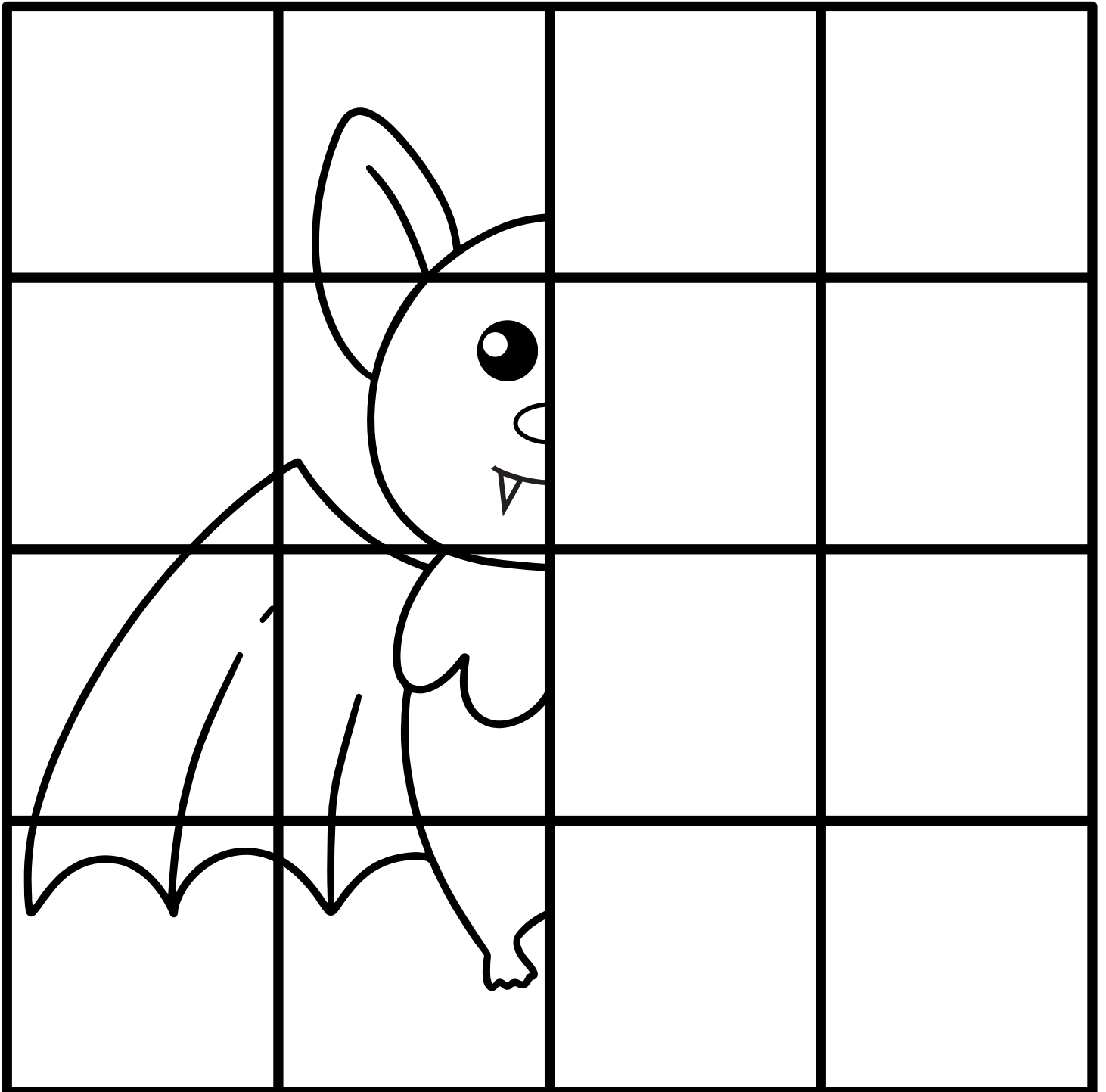
Roll the dice and perform the activity number you get

	<p>Walk like a mummy</p> 
	<p>Fly around like a bat</p> 
	<p>Crawl like a spider</p> 
	<p>Smile spookily like a Pumpkin</p> 
	<p>Float like a ghost</p> 
	<p>Meow like a cat</p> 



Halloween Symmetry

Use the grid to help you draw and colour in the
other half of the bat



Creepy Cookies



INGREDIENTS

200g (8oz) unsalted butter softened
100g (4oz) caster sugar
300g (10oz) self raising flour

To decorate-
32 Maltesers
250g (9oz) milk chocolate
Edible sugar eyes or mini marshmallows

Makes 16 cookies

You'll also need-
A piping bag

METHOD

Pre-heat oven to 180c (gas mark 4). Line 2 trays with parchment paper. Beat the butter with a wooden spoon, gradually mixing in the sugar, and then mix in the flour. Bring the mixture together with your hands to form a smooth dough roll in the shape of a sausage. Cut into 16 pieces and then roll into balls. Place each ball on a baking tray 2 inches apart from each other. Dip a fork into a little water and then flatten each ball so it becomes a circle shape. Bake in oven for 15 to 20 minutes until a very pale golden colour. Place on a cooling rack to cool.

Once the cookies have cooled, create your spiders by firstly melting the milk chocolate. Making sure the piping bag has only a small hole in the tip, place the melted chocolate inside and pipe a line of chocolate across the middle, and then another 8 thinner lines on the sides for the legs. Next, place 2 Maltesers on the thicker chocolate line to create the body. Finally, use a small amount of melted chocolate to stick on the spiders eyes. Allow to cool, and then enjoy!

Halloween Colouring



Use the key below to colour in the picture

Orange

pumpkins

Yellow

stars

Brown

pumpkin stalks

Purple

inner eyes

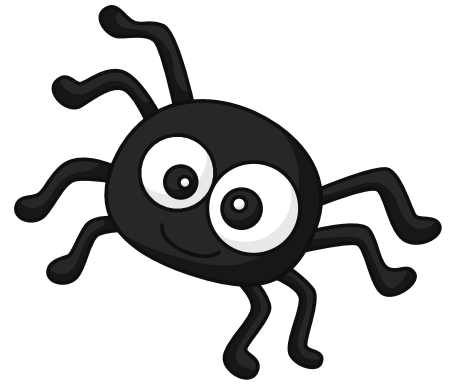
Green

leaves

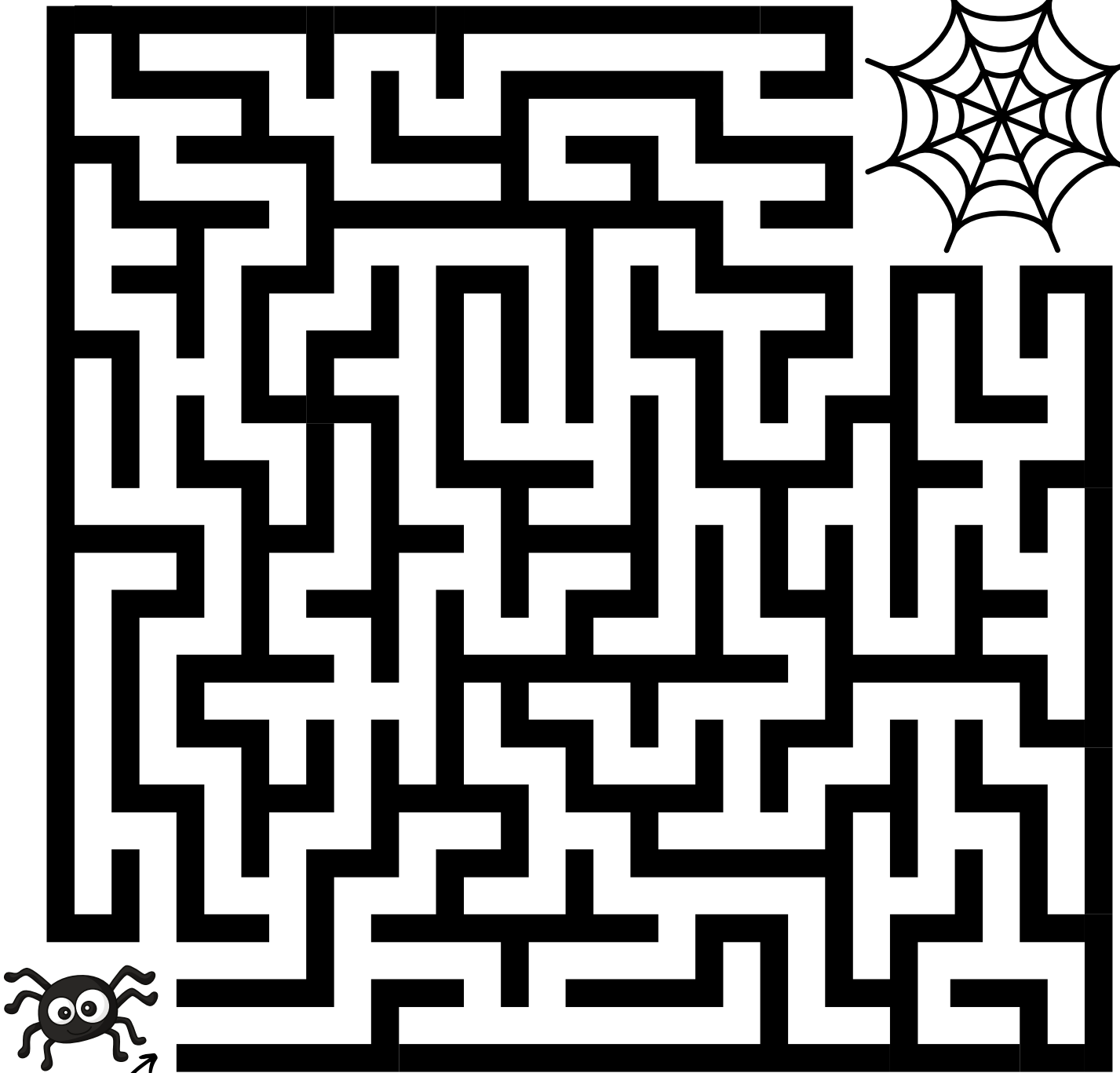
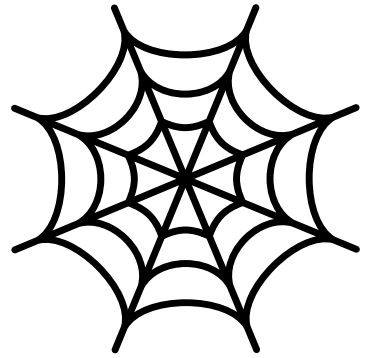
Blue

curls

Halloween Maze Puzzle



The spider is lost. Can you guide her back to her web?

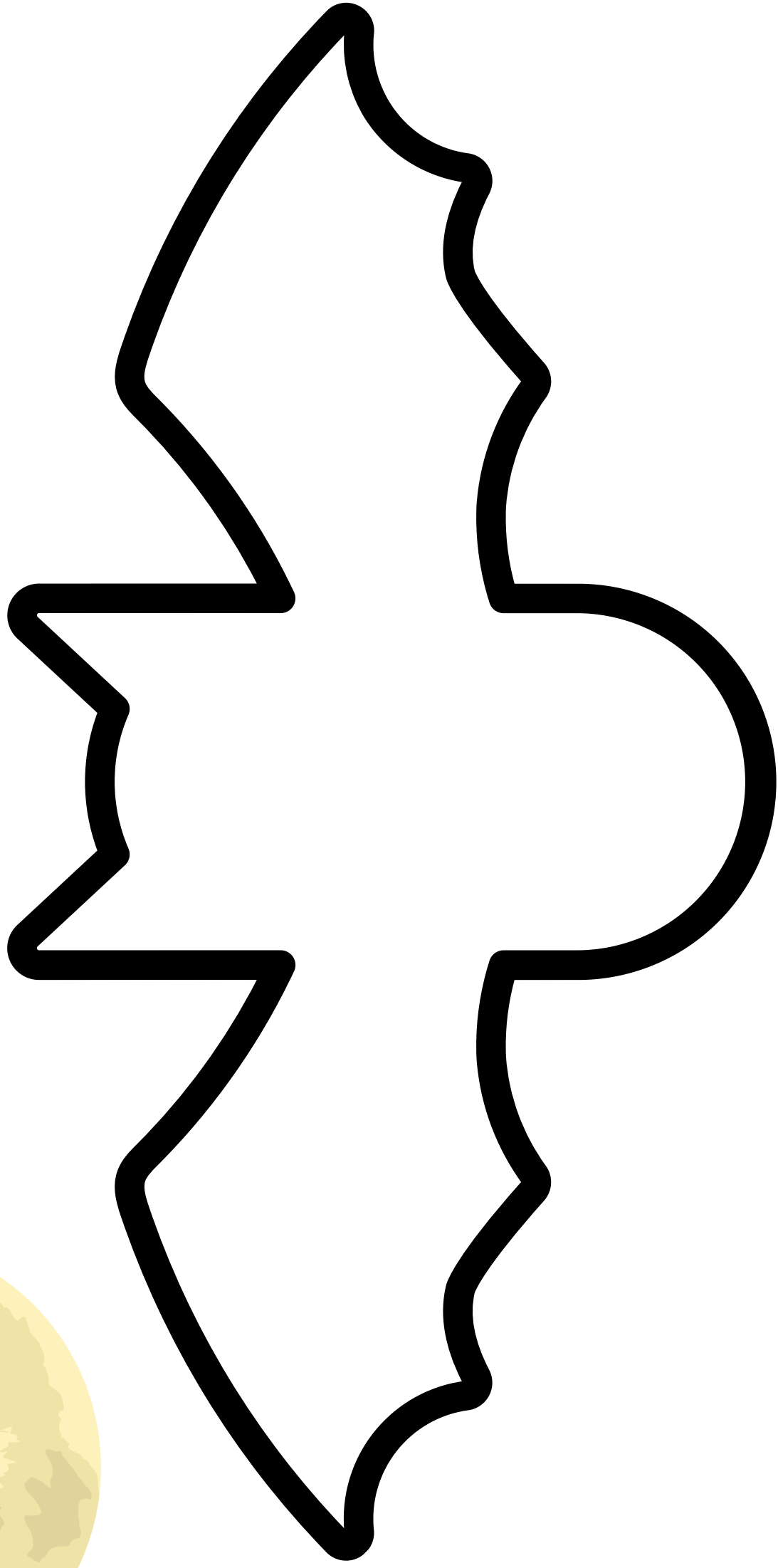


Start here



Happy Halloween

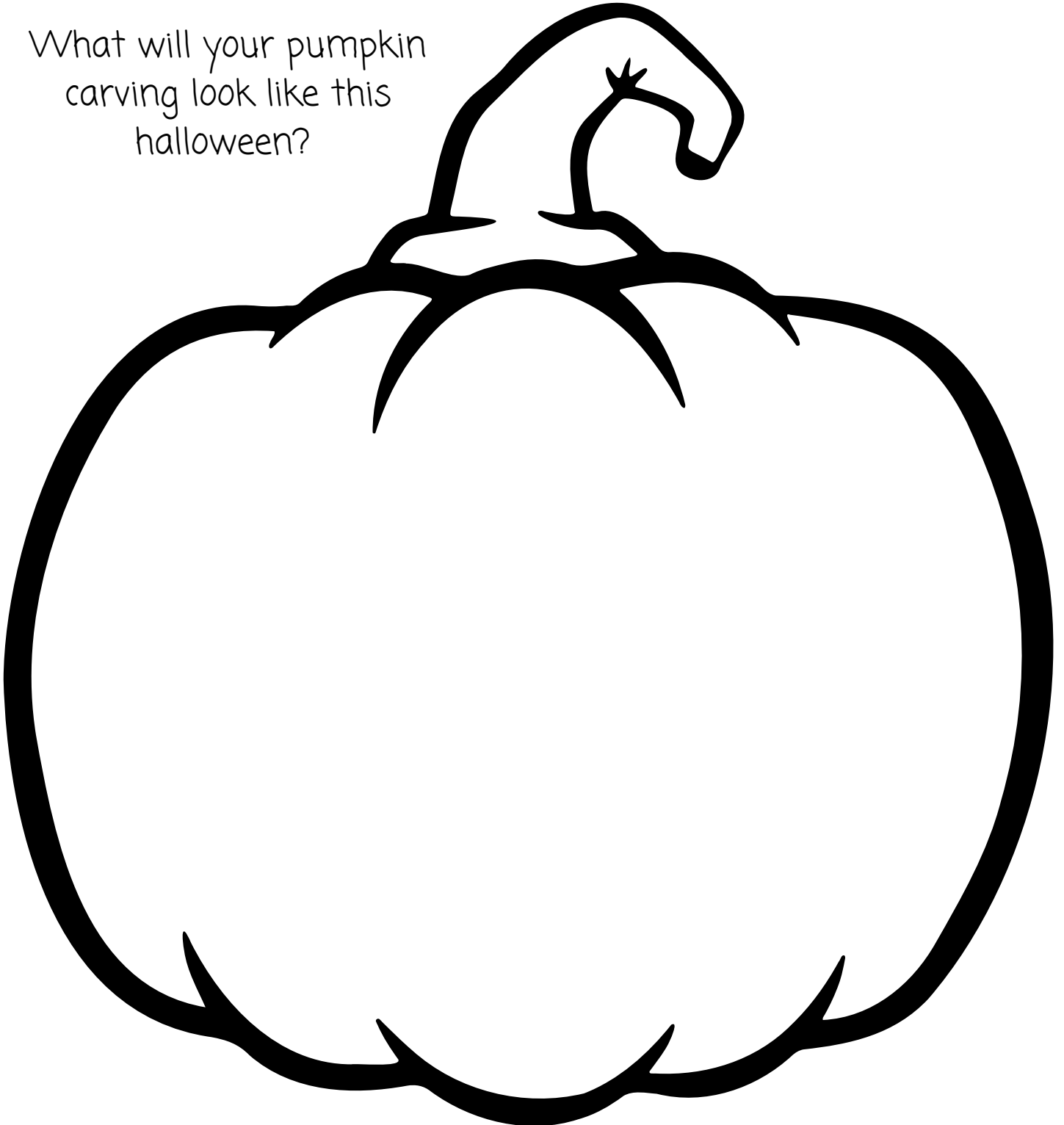
Cut out and decorated the bat with pens, paint or other craft materials.





Design A Pumpkin Carving

What will your pumpkin carving look like this halloween?

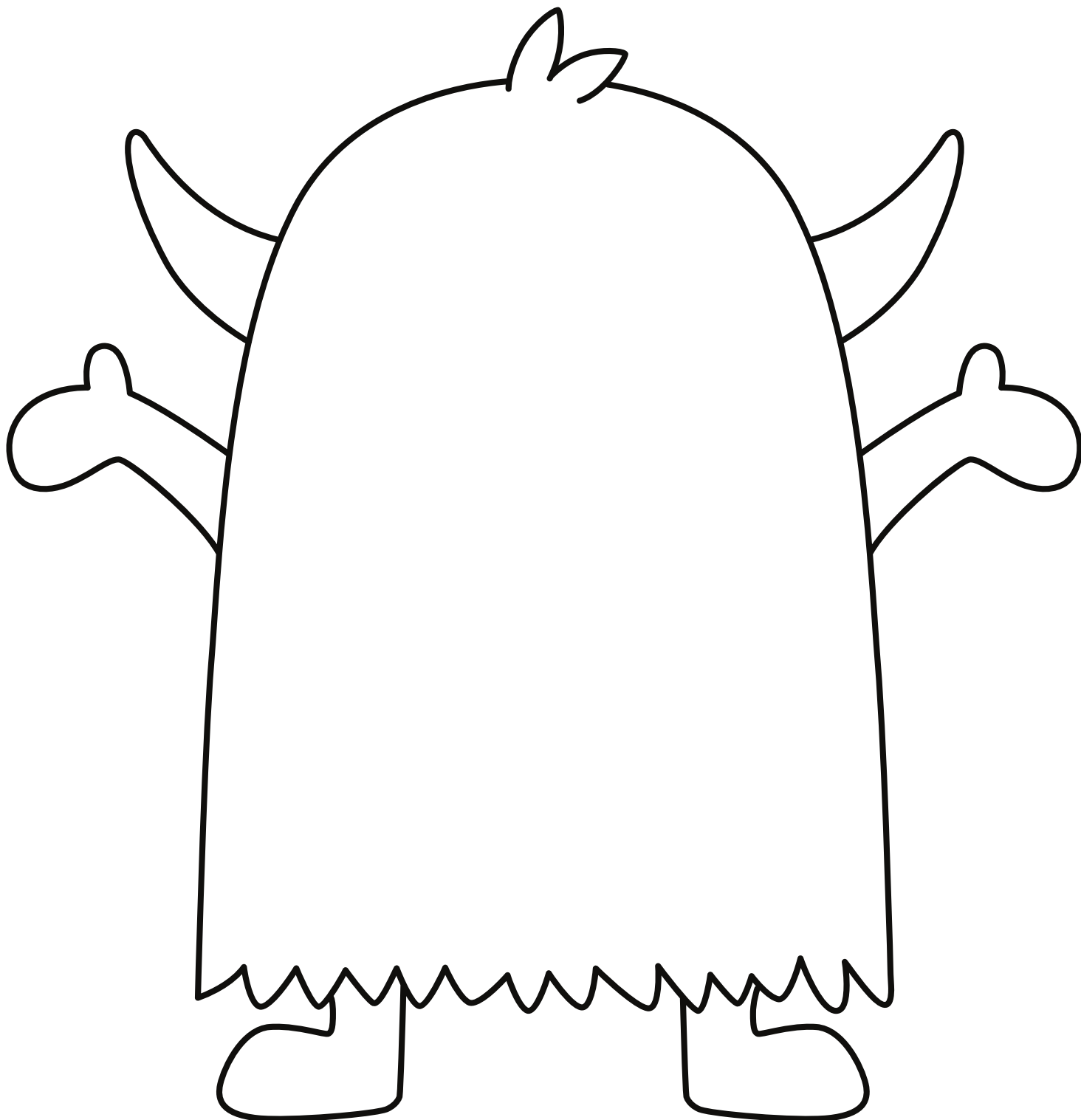




My Halloween Monster



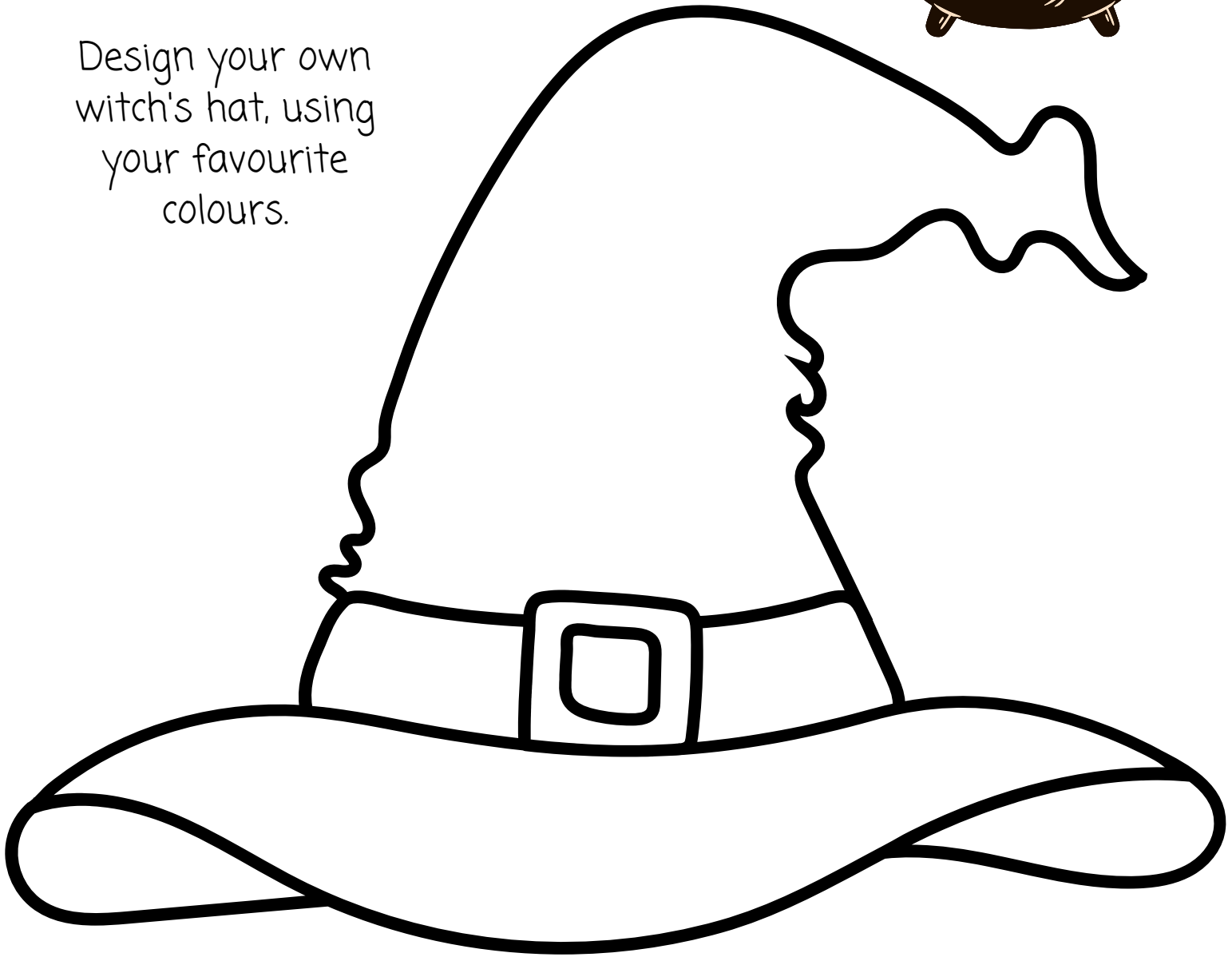
Draw the monster's face. What will your Halloween monster look like?



Design a witch's hat



Design your own witch's hat, using your favourite colours.



What do you think the witch who wears this hat would be called?

This witch is called _____

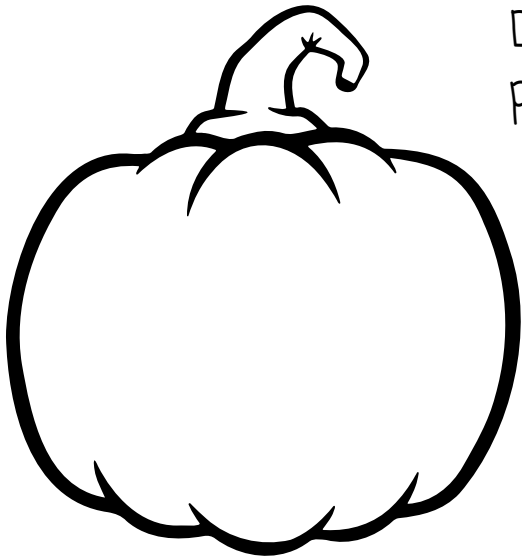
What do you think the witch will be like? Will she be kind or scary?

This witch is _____

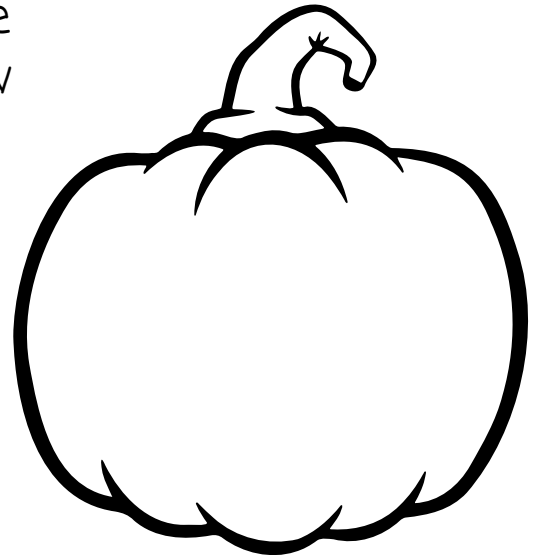
Pumpkin Emotions



Draw faces on the pumpkins to show how they are feeling



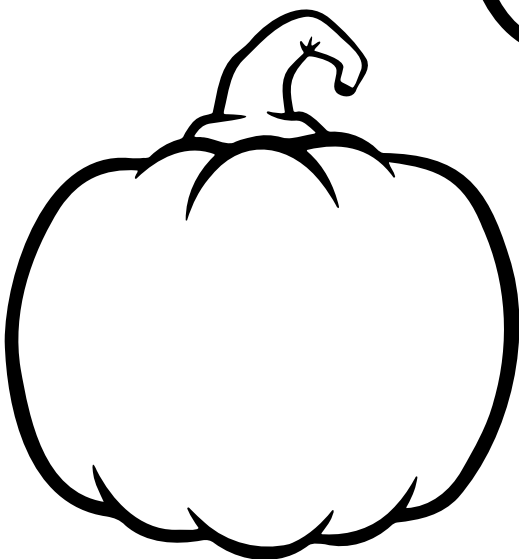
Happy



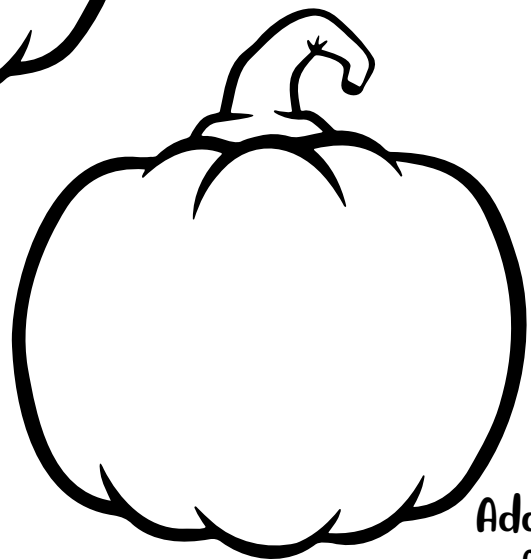
Sad



Excited



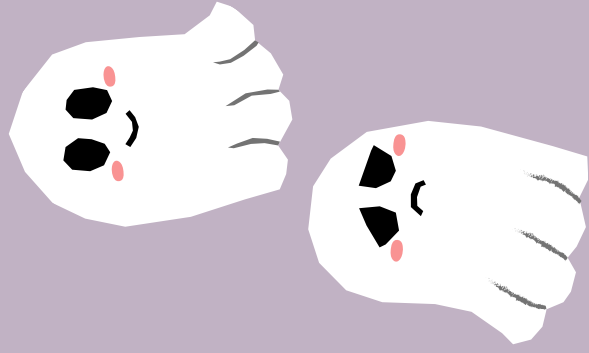
Scared



Add your own emotion here



Do you sometimes feel these emotions? If so, when?



Halloween Feelings Flashcards

KyAnn Wellbeing

Sometimes it can be tricky to put how we are feeling into words, this could be because of social communication difficulties, a disability or it could be that our feelings may have left us feeling so overwhelmed or uncomfortable that we can't easily express how we are feeling.

Feeling flashcards can work as visual aid, giving the user the opportunity to let others know how they are feeling without have to say the words out loud. They are also great for exploring emotions and developing emotional literacy.


Use these flashcards to help you talk more about your feelings, develop a better understanding of what these different feelings mean to you and learn how they can affect other aspects of your wellbeing. You can cut out the flashcards, and create your own by using the blank cards.



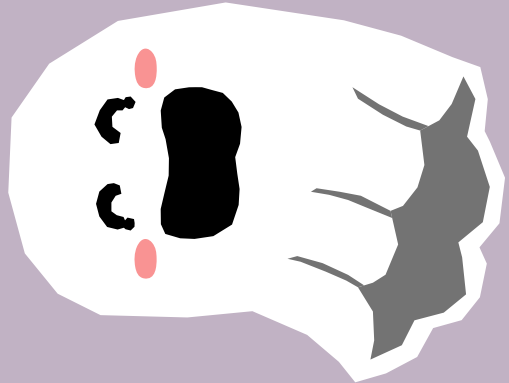
happy



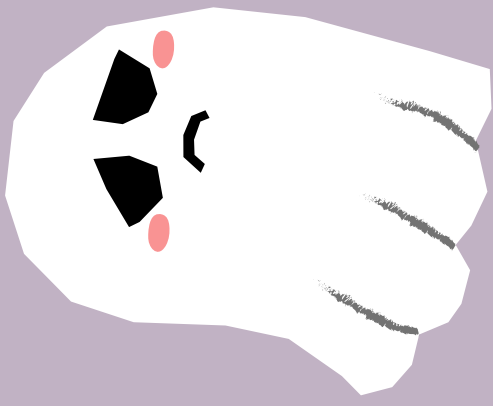
ill



scared



sad





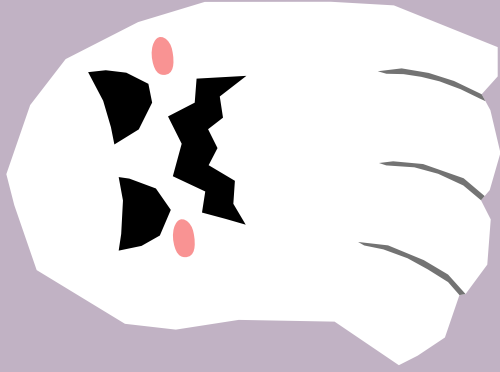
confused



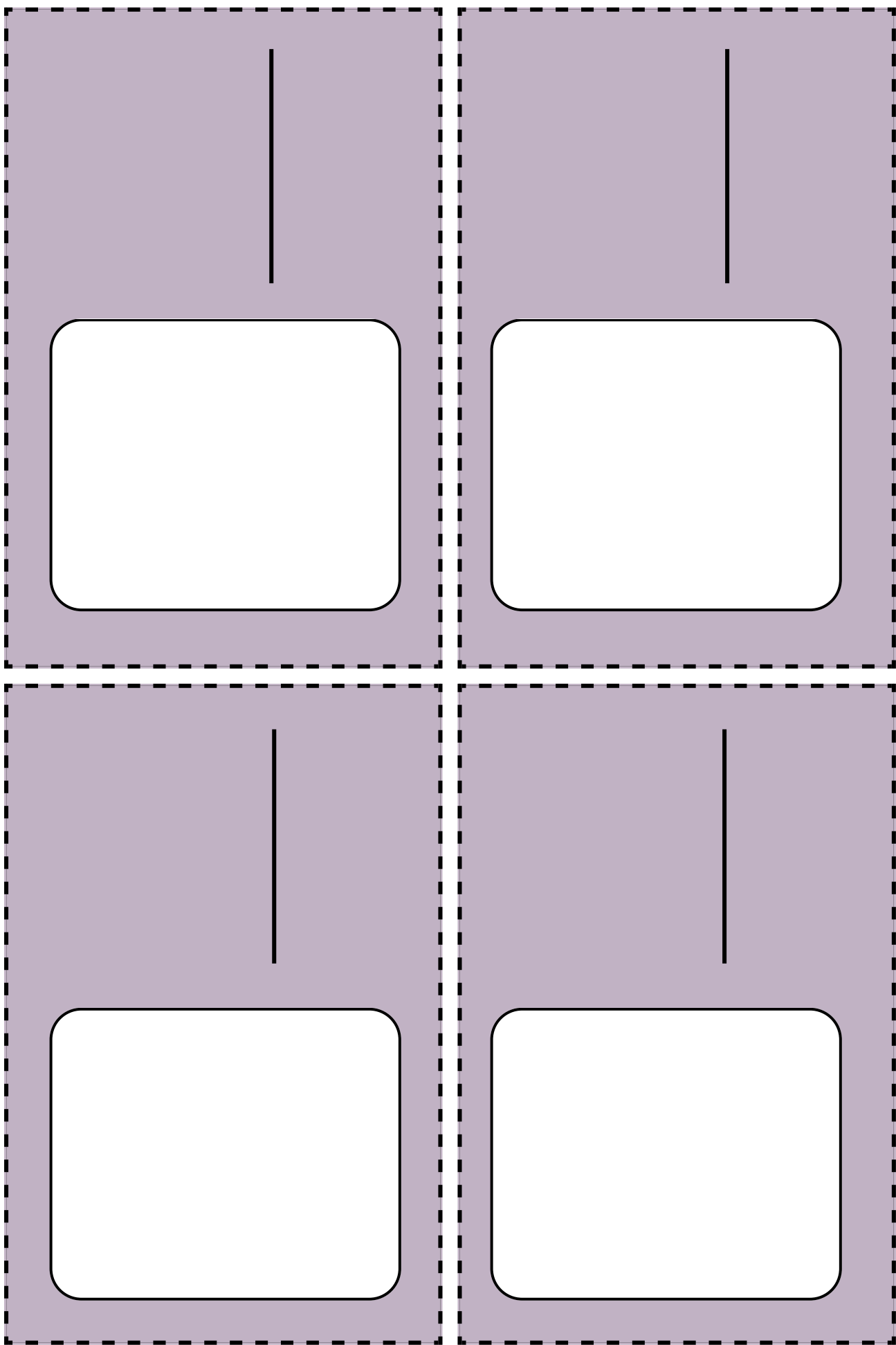
embarrassed



worried



angry



Cauldron Breathing

For some people Halloween can bring a mixture of feelings. You might be happy and excited about trick or treating, but at the same time you may feel a bit nervous. Mindfulness is a great way to help us calm down when feeling stressed, worried or upset. So let's try a mindful breathing exercise.



Close your eyes and picture a cauldron in your mind. Imagine it bubbling and popping. The cauldron is hot and there is steam coming out of it. Picture yourself blowing the cauldron to cool it down, but don't blow too hard, just enough so that you can imagine the steam gently moving around.

Halloween Affirmations

Repeating positive affirmations can help reinforce the belief. Lets try out some Halloween focused affirmations. Which is your favourite?



I'm boo-tiful inside and out!



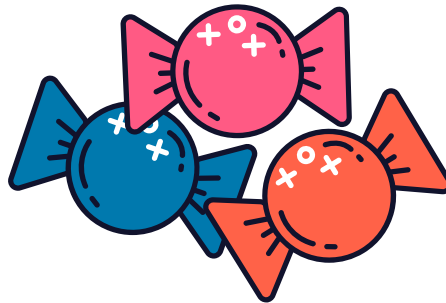
I have the Potion for Success!



I'm the Pick of the Pumpkin Patch!



I am Powerful and strong!



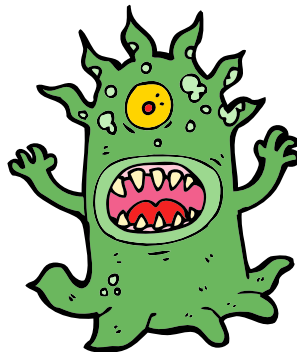
My life is sweet!



I am brave and can face my fears!



I am fang-tastic just the way I am!



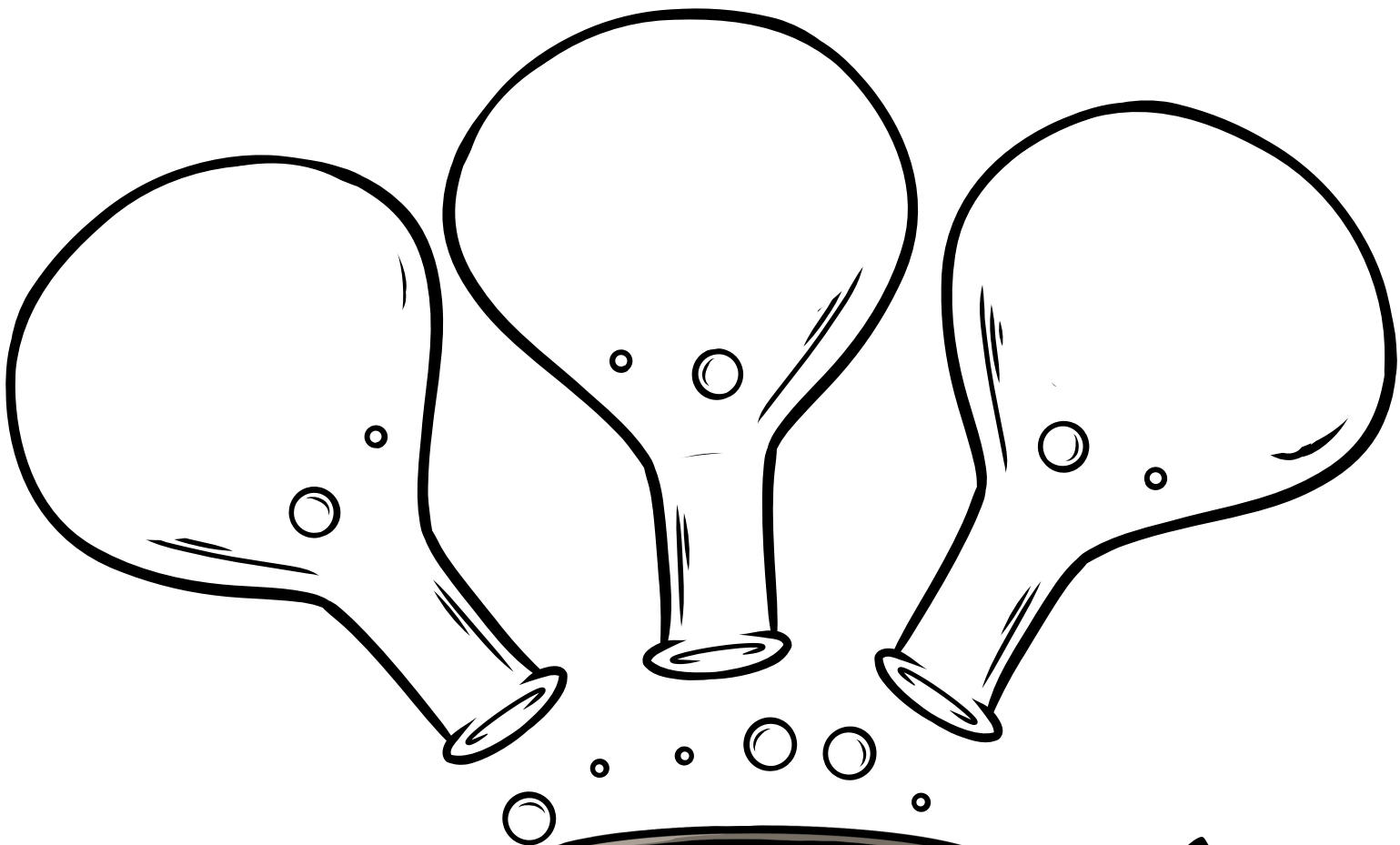
Tricky monster sized experiences don't define me!



Being unique is my magical Power!

My recipe for keeping safe this Halloween

Inside the potion bottles, write a list of all the ways you can keep safe this Halloween



My safe Places this Halloween will be

- 1).....
- 2).....
- 3).....

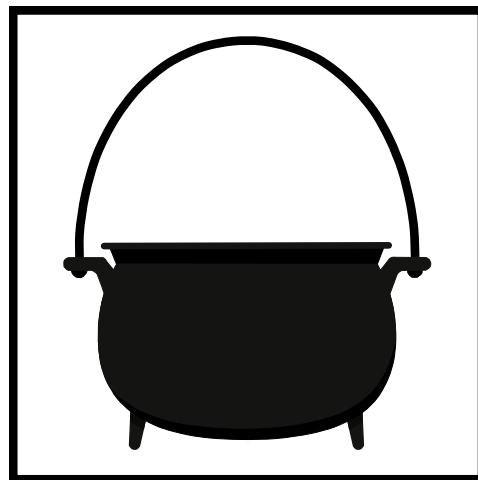
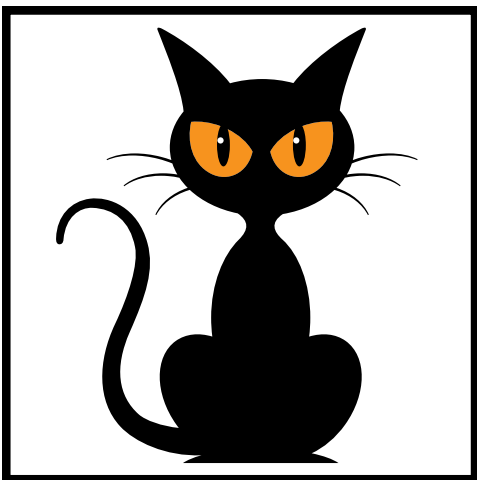
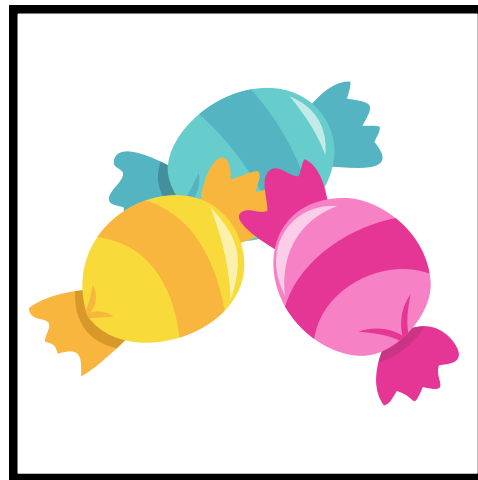
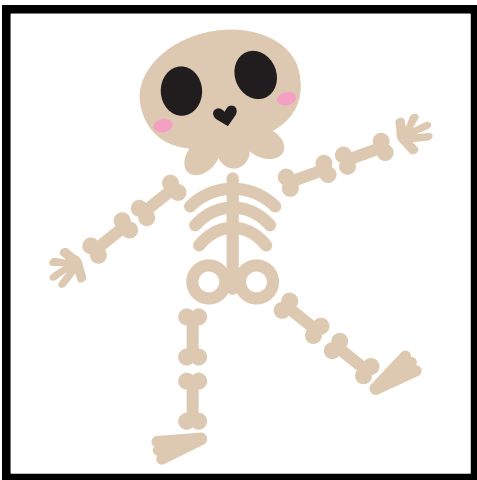


Halloween Counting

How many Halloween things can you count whilst trick or treating?



Write the number here



We hope that you have found this resource pack helpful. If so, you can access other fun and exciting resources that support mental health and wellbeing at www.kyannwellbeing.co.uk

Thank you for using KyAnn Wellbeing.

