



Magic Wand

Choice and Control

Why? It can be helpful to notice, acknowledge, and name our feelings to begin to regulate our emotions more effectively.

At times of transition, whether it is back to a school you have been at before, or a new school or college, it is normal to have increased feelings of unease, such as worry or fear.

Sharing Ordinary Places

This activity can help you to think about how it might feel if you had a magic wand to go back to school with.

What would you use it to wish for...?



Being Someone



Contribution

How to make a magic wand:

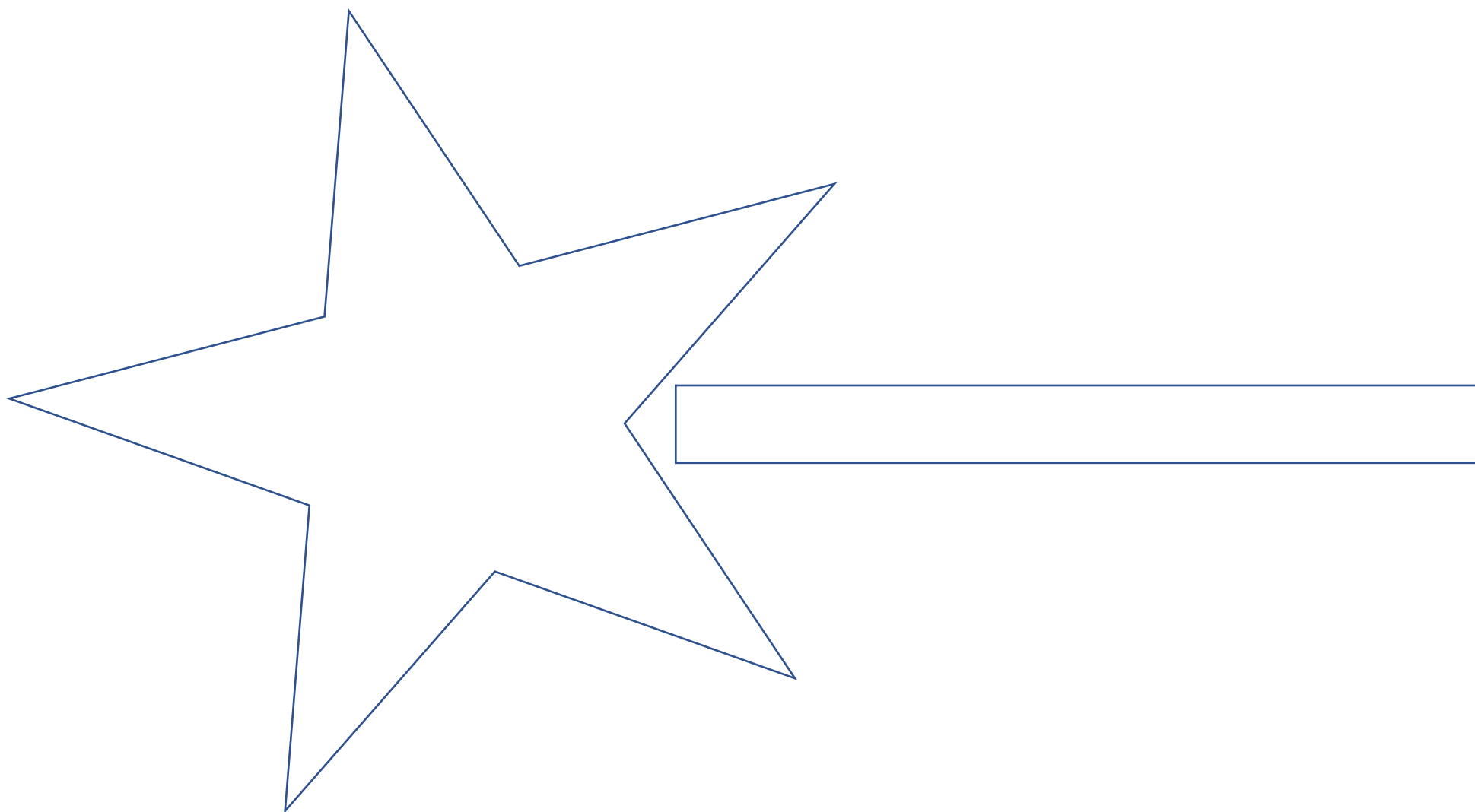
- Cut out a star shape from card.
- Decorate it however you would like; you could colour it in, make it into a collage, or cover it in glitter!
- Stick the star to a lollipop stick.

Helping Question:

If your wand could make things better or to be the way you would like them to, what would the wand be able to do?



Belonging



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