



Magic Wand

Why? It has been found to be helpful to notice, acknowledge and name our feelings 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.

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...?



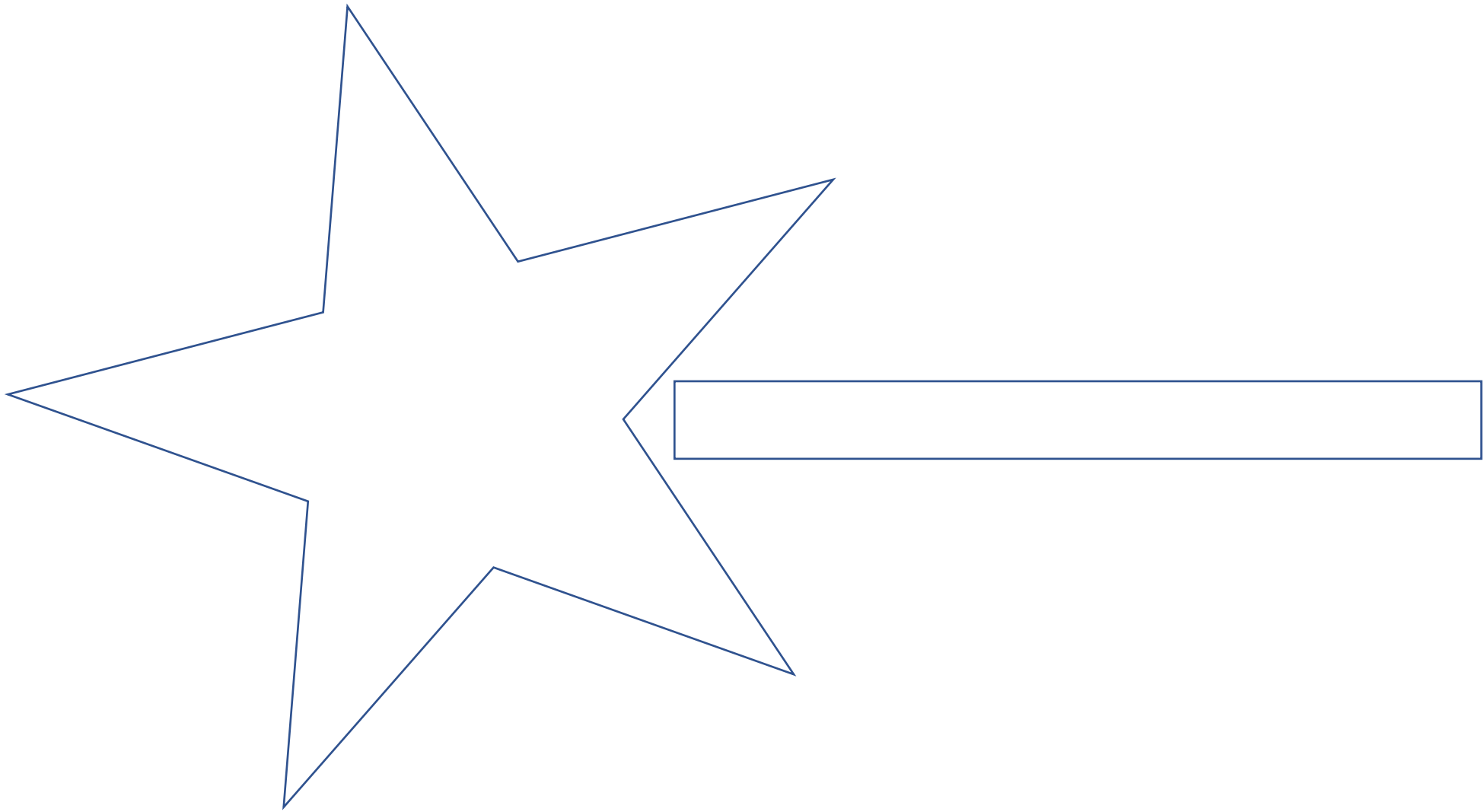
How to make a magic wand:

- 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 be the way you would like them to, what would the wand be able to do?





For more information about how we work please visit: www.suffolk.gov.uk/children-families-and-learning/pts/if