

# Scottish Attainment Challenge

## Mentoring Development Officer Activities

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| Activity Title:  | Thought Catcher |
| Age range: | S1 |
| Area of the Curriculum: | Wellbeing, literacies, art |
| Resources required: | Paper and pen.  |
| Time / length of the activity: | 30 minutes.  |
| Number of people required: | 1+ |
| Instructions: | * Make your A4 paper into a square, cut it to size by taking one corner and folding it across to meet one side of the paper.
* Then cut of the excess bit, so it makes a square shape.
* You will have a crease from one corner to another
* To make another crease fold the opposite corners together, it should have 4 triangle shapes.
* Then take one corner and fold it into the middle, do this with all the other corners, making sure the sides match up evenly.
* You should still have a square shape, now turn it over and fold the corners into the middle again.
* Fold your square in half then do the same for the opposite way.
* You should be able to push your fingers up into the folded squares and push them into a point, it will look a bit like a closed flower.
* Now you are ready for the good part, open it back up, your folding will mean there is lots of different triangles inside.
* In each of the triangles in the centre write activities or things you can do. Here are some examples, listen to music, take a few deep breathes, go outside for some fresh air, write down how you are feeling.
* Fold the first layer back in and then write numbers on each of these triangles.
* Finally put some colours on the outer points, bring your squares together in the middle to a point.
* When you are feeling stressed or annoyed pick a colour, open and close the correct amount of letters.
* Then open slightly so you can see the numbers, pick one and open and close that amount again.
* Chose one final number and open up to see what activity you have to do to feel better.
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| Further learning | Make one for acts of kindness you can do for others, and get family or friends to pick them.  |

**For hygiene reasons please ensure you wash your hands and any objects you have been touching after you have finished the activity.**