

# 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. |
| 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.**