

Skills developed

Fine Motor movements for dexterity

Understanding your emotional state and how to calm yourself

You will need:

Thread / Shoe lace

Assorted Beads (30)

Modifications

Remember back to our glitter jar. When the water is clear it is easy to think and decide what you want to do but when the glitter is racing around all over the water it can be difficult. The water is moving too fast and all you can see is glitter!

Take 10 Beads is the perfect activity for creating space for the glitter to settle so that you can think more clearly.

How to play

Tie a knot at one end of the thread to stop the beads from falling off and thread 10 beads on.

Tie a knot which allows the 10 beads to easily slide across freely before threading on another 10 beads, tying a knot in the same way and then threading on a final 10 beads so you have a total of 30. Hold the lace ends together and tie a knot to create two tassels.

Whenever your feelings get too much remember to focus on your breath, by counting your beads across as you take each in breath and each out breath.

An in breath counts 1, out breath 2, in breath 3, out breath 4 and so on until you get to 10 and then start again until you have counted all 30 beads.

By then the glitter would have settled and you would be able to think more clearly again.