

Mindfulness Activities for you to try at home



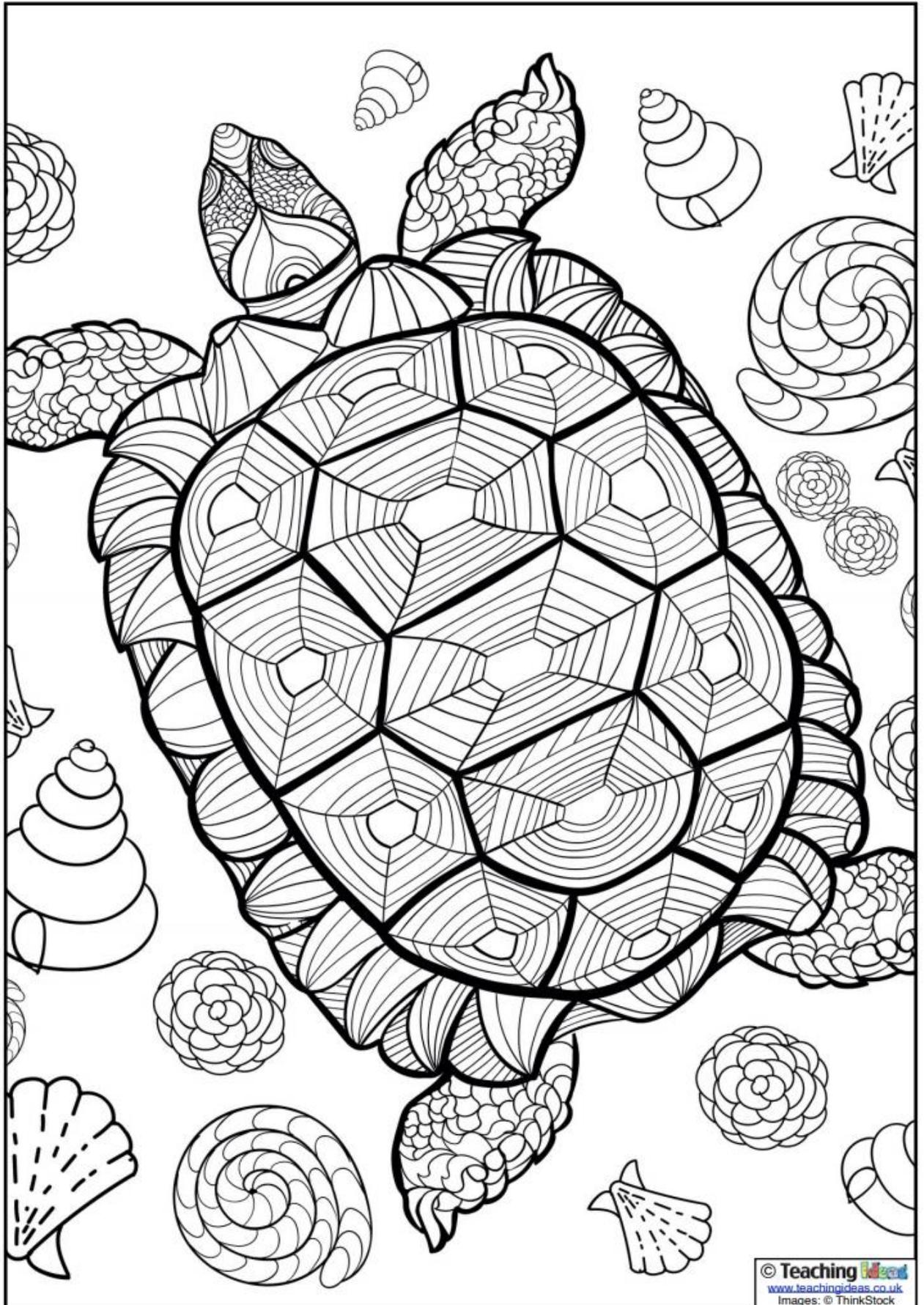


30 Day #Wellbeing Challenge



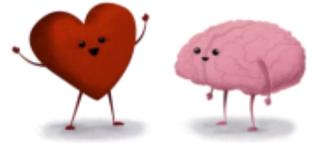
<p>Day 1 Smile and say good morning to everyone in your household.</p> <input type="checkbox"/>	<p>Day 2 Take 5 minutes to write down your feelings today.</p> <input type="checkbox"/>	<p>Day 3 Do 20 Jumping Jacks and 50 knee ups.</p> <input type="checkbox"/>
<p>Day 4 Visit an art gallery! Go online and explore the collections online.</p> <input type="checkbox"/>	<p>Day 5 Reply to a pen pal or to someone you have not spoken to in a long time.</p> <input type="checkbox"/>	<p>Day 6 Design a pair of trainers or shoes.</p> <input type="checkbox"/>
<p>Day 7 Read 20 pages from the book you are reading or start a book</p> <input type="checkbox"/>	<p>Day 8 Come up with a 10 question multiple choice quiz</p> <input type="checkbox"/>	<p>Day 9 Listen to your favourite song and dance around the room.</p> <input type="checkbox"/>
<p>Day 10 Go to bed 1 hour earlier tonight to wake up 1 hour earlier tomorrow.</p> <input type="checkbox"/>	<p>Day 11 Sit down and focus on your breath for 5 minutes.</p> <input type="checkbox"/>	<p>Day 12 Play a card game or board game you haven't played in a while.</p> <input type="checkbox"/>
<p>Day 13 Write a letter of appreciation to someone who helps.</p> <input type="checkbox"/>	<p>Day 14 Draw and paint the most colourful thing in your house.</p> <input type="checkbox"/>	<p>Day 15 Write a poem or short story.</p> <input type="checkbox"/>
<p>Day 16 Ask your parent/caregiver about happy things in their life</p> <input type="checkbox"/>	<p>Day 17 Research places you would like to travel to in your life time.</p> <input type="checkbox"/>	<p>Day 18 Close your eyes and visualise your future life.</p> <input type="checkbox"/>
<p>Day 19 Draw your favourite animal using geometric shapes.</p> <input type="checkbox"/>	<p>Day 20 Use 10 French or Spanish words today.</p> <input type="checkbox"/>	<p>Day 21 Make sure you get >8 hours sleep tonight. Note how you feel the next day.</p> <input type="checkbox"/>
<p>Day 22 Draw but listen to your favourite music. See what flows naturally</p> <input type="checkbox"/>	<p>Day 23 Do something nice for a sibling or parent/carer.</p> <input type="checkbox"/>	<p>Day 24 Stretch and move your body any way that feels good for 10 minutes</p> <input type="checkbox"/>
<p>Day 25 Clean a room in the house that is not your bedroom.</p> <input type="checkbox"/>	<p>Day 26 Design a pair of trainers or shoes.</p> <input type="checkbox"/>	<p>Day 27 Tidy your room, maybe re organise the layout.</p> <input type="checkbox"/>
<p>Day 28 Ensure you have >5 fruit and veg today – Write them all day</p> <input type="checkbox"/>	<p>Day 29 Do something helpful for a friend or family member today.</p> <input type="checkbox"/>	<p>Day 30 Write down 10 things you love about your life</p> <input type="checkbox"/>





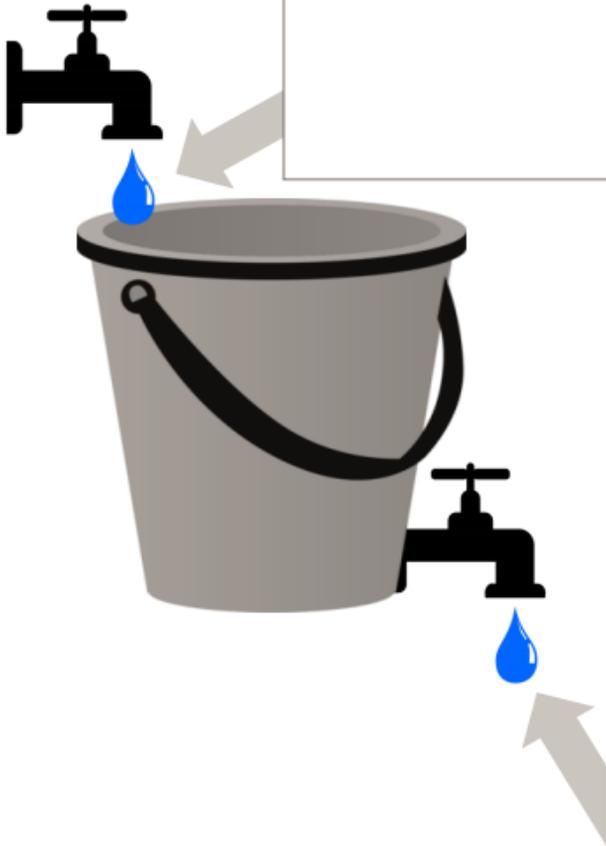


Designed by: Rory M



My Stress Bucket

Things that make me feel stressed are...



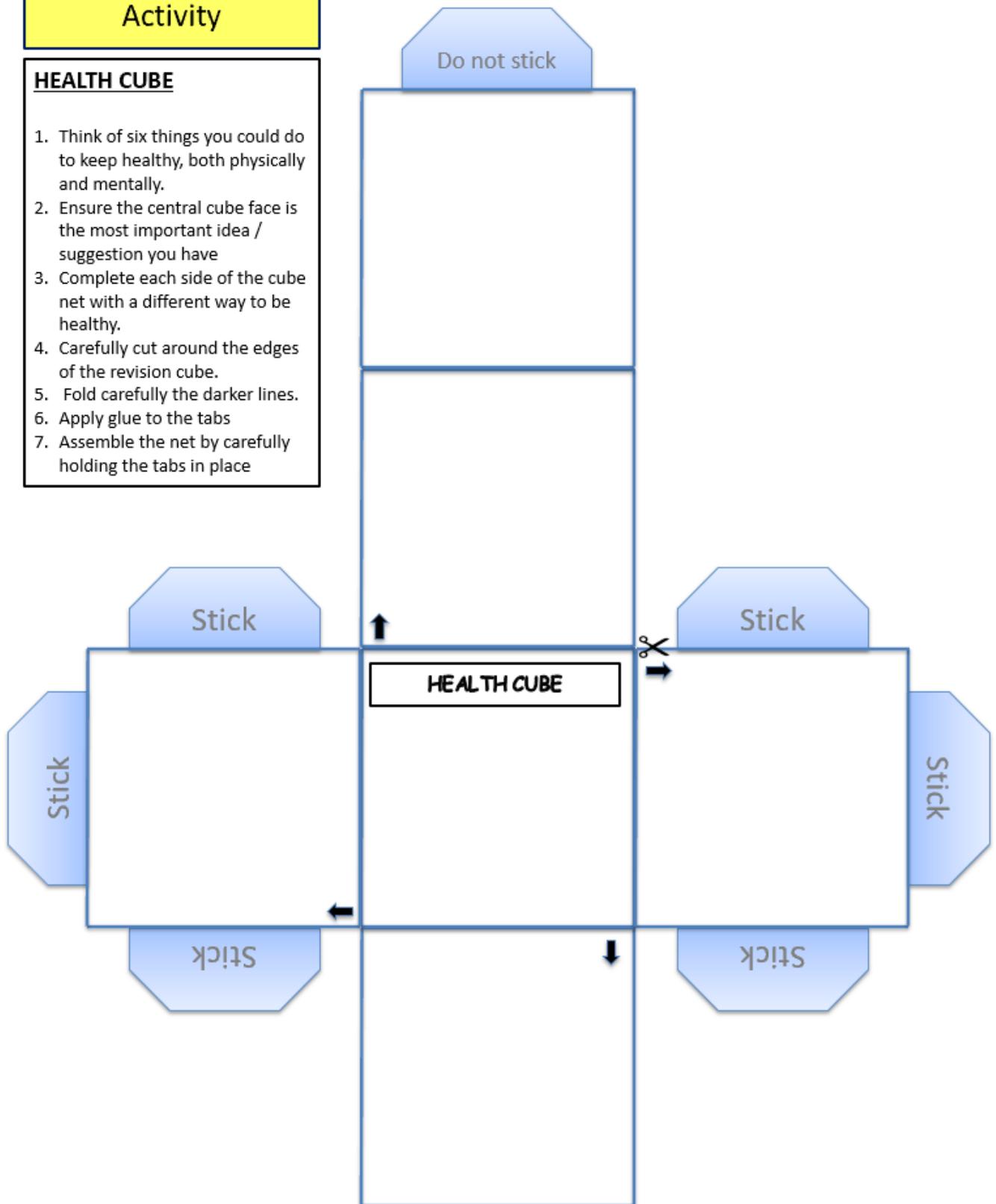
Some ways to help my stresses go away are...

HEALTH CUBE

Activity

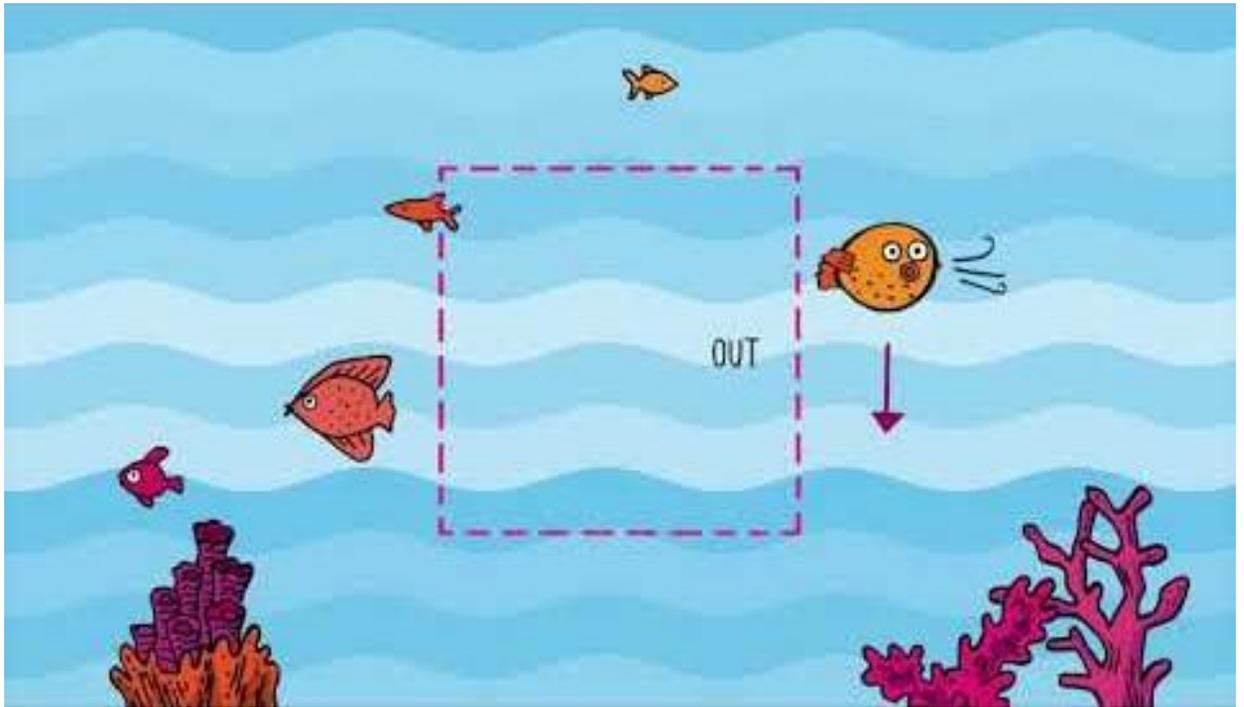
HEALTH CUBE

1. Think of six things you could do to keep healthy, both physically and mentally.
2. Ensure the central cube face is the most important idea / suggestion you have
3. Complete each side of the cube net with a different way to be healthy.
4. Carefully cut around the edges of the revision cube.
5. Fold carefully the darker lines.
6. Apply glue to the tabs
7. Assemble the net by carefully holding the tabs in place



Square Breathing

Square breathing, also referred to as four-square breathing, is a breathing technique that helps you to feel invigorated, energized, and focused. It can also help to reduce stress and invite feelings of calmness and tranquility into your mind and body.



<https://www.youtube.com/watch?v=YFdZXwE6fRE>

Jar of hope activity

Your task:

To make a "Jar of hope" – a container for reminders of all the things you hope to do when coronavirus isolation measures are lifted.

What you need:

- An empty jar
- Paper or card
- Coloured pens or paint
- Sticky tape to attach your label to the jar



Introduction:

It can be so frustrating when we're locked indoors for long periods. All those things we want to do, but can't!

This might help: every time you think of something you can't do at the moment, write it down and put it in the jar. Then you'll have a jar-full of things to look forward to!

When the COVID-19 crisis is over, you can take out one or more memos each day, and really appreciate being able to do them.

Instructions:

It's pretty obvious, really!

Decorate a label, attach it to your jar, leave a pen and a supply of slips of paper or card nearby... Sorted!

Prompts to get you started!

- What are you missing most during COVID-19 restrictions? Why?
- What things do you hope to do when the COVID-19 restrictions are lifted?
- Which things might you enjoy more than usual, after this experience?
- Is there anything you now hope to do that you would not have considered before the pandemic?
- What are your hopes for other people after this crisis?
- What are your hopes for the world?



Mindful Moment



Take some time to pause and breathe. Use these stages to a Mindful Moment and give your mind a break.

1. "Be still and Take Zen"

For 10 Seconds:

- Be still (arms by side, legs uncrossed, back straight)
- Deep breath in through your nose (count to 5)
- Exhale through your mouth (count to 5)
- Focus on remaining still



2. "Pause for a Mellow Minute"

For 60 Seconds:

- Be still (arms by side, legs uncrossed, back straight)
- Deep breath in through your nose (count to 5)
- Exhale through your mouth (count to 5)
- Repeat x 3
- Focus on the feeling of your chest expanding and relaxing
- Return to normal breathing but remain still for the last 30 seconds



3. "Have a Neutral Ninety"

For 90 Seconds:

- Be still (arms by side, legs uncrossed, back straight)
- You may wish to close your eyes
- Deep breath in through nose (count to 5)
- Exhale through your mouth
- Repeat x 3
- Focus your mind on the feeling of the chest expanding and relaxing
- Return to normal breathing but remain still for the remaining time, focus attention on the chest expanding and relaxing



4. "Just Be for Three"

For 3 Minutes:

- Be still – feet flat on floor (not crossed) hands by side or resting on lap
- You may wish to close your eyes
- Deep breath in through nose (count to 5)
- Exhale through your mouth
- Repeat x 3
- Focus your mind on the feeling of the chest expanding and relaxing
- Continue to breath normally
- Maintain focus on rise and fall of chest



5. "Come alive for five"

For 5 Minutes:

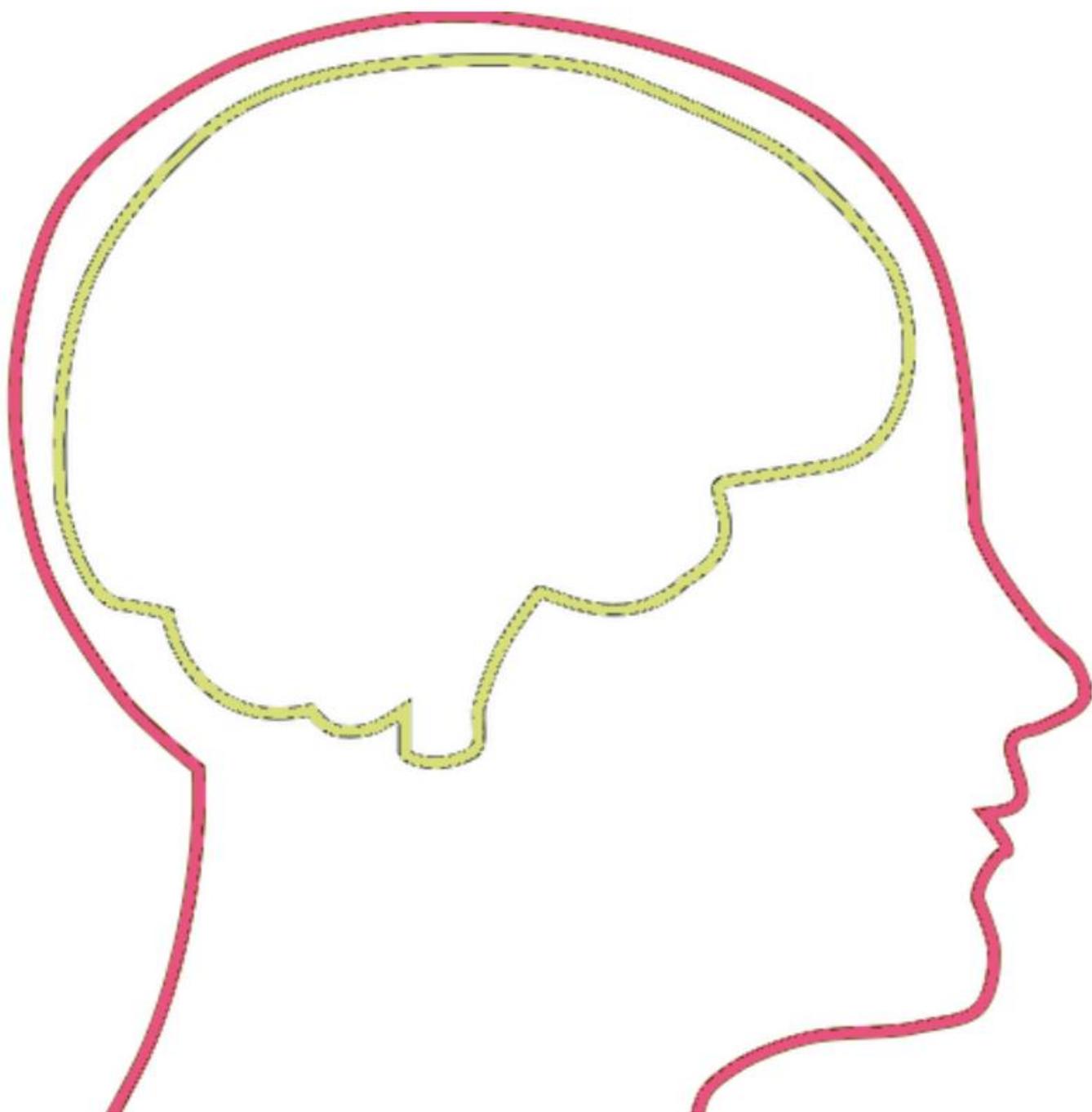
- Be still – feet flat on floor (not crossed) hands by side or resting on lap
- You may wish to close your eyes
- Deep breath in through nose (count to 5)
- Focus your mind on the feeling of your chest expanding and relaxing
- Continue to breath normally
- Maintain focus on rise and fall of chest
- If your mind begins to wander, just bring it back to the motion of breathing in through your nose and out through your mouth
- At the end of 5 minutes:
 - Open your eyes
 - Wiggle your toes and fingers
 - Roll your sholders



MENTAL HEALTH



My tip for good mental health



Name the Chocolate Bar!



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18



19



20

Name the EMOJI Country

	Country
1	Brazil
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

Quiz! 😊

1. How many teeth does an adult human have?
2. What is the largest bird of prey in the world?
3. In which sport would you use a shuttlecock?
4. Who is fifth in line to the British throne?
5. What is the biggest state in America?
7. What is the capital of Hawaii?
8. Enchiladas originated in which country?
9. In Dirty Dancing, what is Baby's first name?
10. How many eggs does the average chicken lay per year?
12. What is a group of lions called?
13. Where would you find the River Thames?
14. What animal alive today is even bigger than a dinosaur?
15. What alcohol do you traditionally use to flame a Christmas pudding?
16. What is a baby kangaroo called?
17. What year did Rihanna achieve global success with the mega-hit 'Umbrella'?
18. Name the slowest animal in the world.
19. Is the sun a star or a planet?
20. What are the names of Harry Potter's parents?
22. What is the capital city of Spain?
23. How many legs does a lobster have?
26. What's the best selling book of all time?
27. In which English county is the town of Stevenage?
28. Botany is the study of what?
29. To the tip - how tall is the Eiffel Tower?
30. Mrs Newman and Miss Seve both own a breed of dogs known as the 'African Lion Hound'. What is the breed of dog called?