

Wellbeing Ideas

Staying at home, not being able to see your friends and having to do school work online while we have to isolate might be feeling quite difficult. Below are lots of ideas that could help you to stay positive and help others do the same by showing them kindness. Choose 1 or 2 ideas and let me know what you have done by sending me a message or a photo,

Taking time for yourself activities

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way. Below are some suggested activities focussing on thinking about yourself.

Find a quiet space and sit in silence. Close your eyes and concentrate on your breathing - in and out, follow the rhythm

Build a den - indoors or outdoors - get comfortable in your den and read a book, a magazine, complete a jigsaw or simply just relax.

Be kind to yourself - on a large sheet of paper draw a picture of yourself. Now write all around it (ONLY) positive words to describe yourself. Make sure you stick it up somewhere that you will see it every day.

Write down or draw three good things that have happened this week.

Spending time with others

Having a connection with others is an important thing to have. It makes us feel safe and secure in many ways. The activities below are all about spending time together.

Watch a film as a family and talk about what you enjoyed or didn't enjoy.

Play a family board game, or even better, have a family games night playing a variety of games - board games, card games, online quizzes with extended family or friends.

Share a story with an adult, sibling or your friend - in person or using technology (FaceTime, zoom, etc. Adults will need to help with this)

If you have a pet, spend some time looking after it. Grooming, feeding, exercising, etc.

Make up a silly story. Say the first sentence and then the next person says the next one and so on.

Mindful exercise

Exercise is important in keeping the mind and body healthy. As you exercise feel the changes in your body - heartbeat, breath, etc.

Take part in some daily Yoga sessions www.cosmickids.com/

Build an obstacle course that will help your balance and control.

Creative Mindfulness

Being creative can help children and adults relax and distract the mind from stress and worries. Below are some activities to help get the creative juices flowing!

Make a glitter jar - use an old, empty jar - decorate however you wish. Fill to $\frac{3}{4}$ full with water, add glitter, food colouring and clear glue. Seal and shake.

Make a worry box - use an old box. Decorate as you wish. Write your worries down on little bits of paper and put them in to the box. Pick a time each day to open the box and share your worries with someone you trust. Then, rip them up and throw them away!!

Use a mindful colouring book, print off a picture or just draw or doodle on some plain paper, and make some colourful creations.

If you have a garden, collect some natural objects and make a collage or picture.

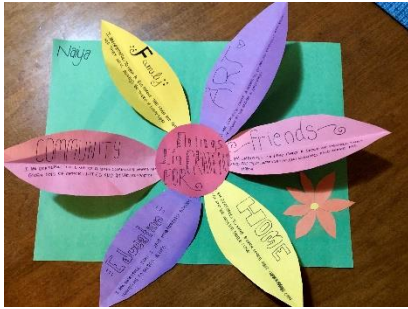
Make homemade stress balls - <https://www.youtube.com/watch?v=Fz5iEBdJM84>

These are just a few suggestions. There are so many more creative activities online!

Kindness

Showing gratitude or simply saying thank you to someone that helped you feel better about yourself.

Make a gratitude flower - think about all things you are grateful for....



Or perhaps you could make a one for somebody to show them what you appreciate about them.

Make some kindness cookies and share them with your family or ask someone to deliver them to a friend.

https://www.bbc.co.uk/food/recipes/frozen_chocolate_chip_95194

Send someone a hug....



Make and post to someone you miss....

Make a kindness bracelet for someone - there are many ways to make bracelets, have a look online or use the ideas below:



Random act of kindness - think of your own act of kindness and let your teacher know what you did.

Send your friends a message or video call them for a chat.

I would also love to hear from you to know you are ok. Send me a message on Class Dojo 😊