



A week of Wellbeing activities for you to try...

Mondays mindful activity:

If you are feeling overwhelmed and anxious, please use the 5 senses grounding techniques below:

5 4 3 2 1

SLOW DOWN & CALM DOWN
FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE 

4 List 4 things you can FEEL 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 List something you like to TASTE 

FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

Tuesday mindful activity:

Today's Mindfulness exercise is the STOPP exercise. If you are feeling anxious and overwhelmed STOPP and refocus.

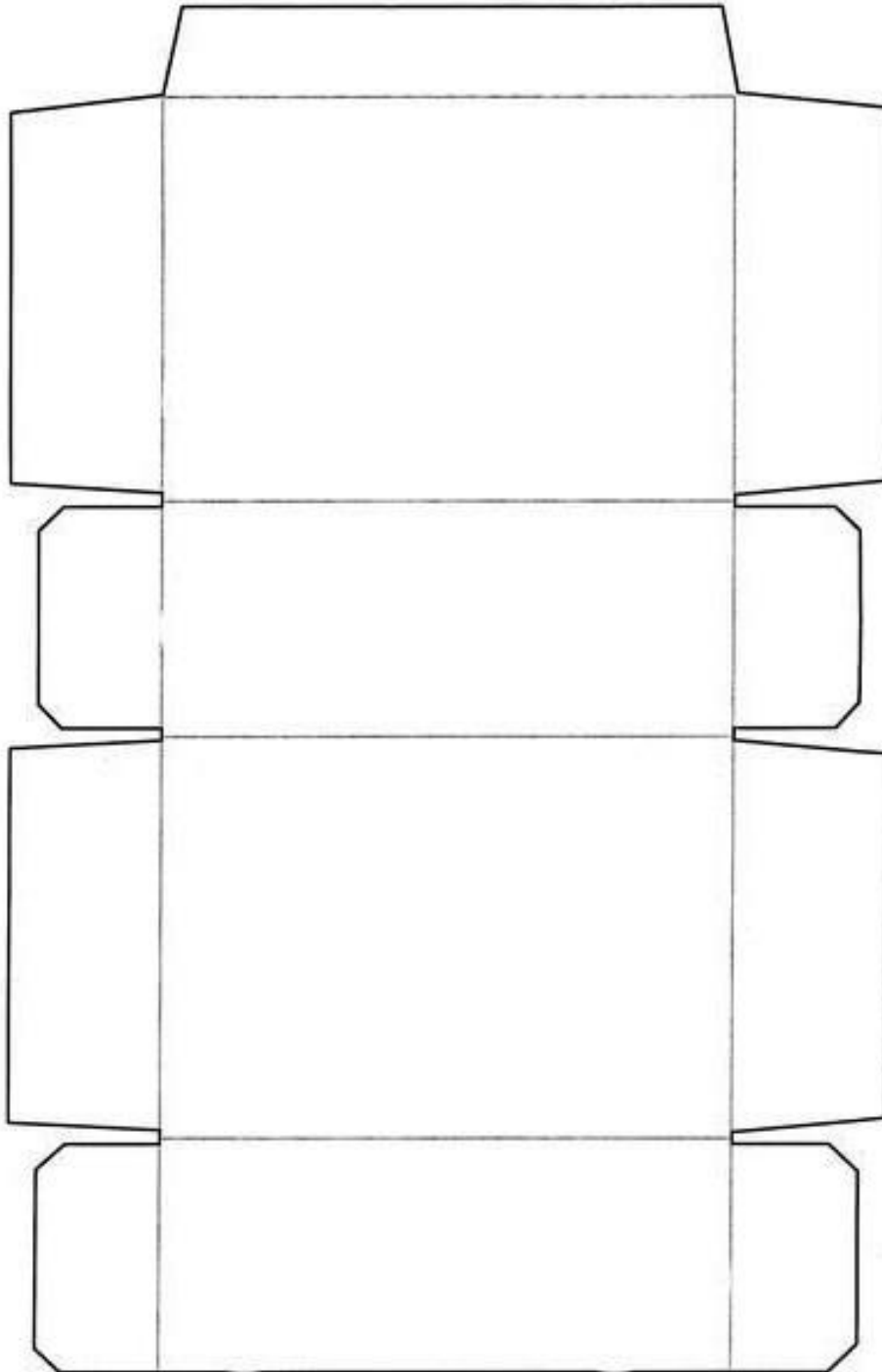


Wednesday mindful activity:

Today's Express Yourself activity is to make an inside -outside box

1. Decorate a box with images and words on the outside to present how you show you to the world
2. Decorate the inside of the box with images and words that represent the inner qualities, interests and passions that are hidden to most people.

You can use this template or cover an old cereal box.



Thursday mindful activity

Today's activity is to try making a dance routine up to your favourite song, maybe your family could join you ... you could be the next internet sensation ... but most of all have some fun!



Friday's mindful activity

Express Yourself! Dress up or wear your favourite t-shirt, or fashion a whacky hairdo.



HRH The Duchess of Cambridge marks the start of the Children's Mental Health Week



Click the link below for the Virtual Assembly for Children's Mental Health Week

