

RANDOM ACTS OF KINDNESS

Can you do something kind for someone? Can you:

- Smile at someone you see on a walk
- Write a thank you note for someone
- Let someone else 'go first'

Maybe tally up your RAK in your jotter or on a post it?

GRATITUDE

Remember to say a list of 10 things you are grateful for each morning and each evening - you can repeat yourself whenever you want to - it shows how grateful you are for that thing/person in your life!

DAILY GOAL SETTING

What are 1 or 2 targets you'd like to set for yourself this week? Remember you don't have to do things everyday if it's difficult just now...e.g.

- Do Joe Wicks PE 3 times this week
- Read a little bit of a book each day
- Be creative either drawing or painting or making something 3 times this week

Set some goals, write on a post it and tick these off each time you complete!

MEDITATION

Here's a lovely guided meditation to listen to on Youtube while listening and following her guidance (It's Jaime from Cosmic Kids Yoga!)
<https://www.youtube.com/watch?v=HtYIOiXyrsE>

Health and Wellbeing Activities Grid week 2



Remember to share on your Google Classroom or on Twitter:
@MissMurraySFL
@SchoolBroomhill

SUPPORT

Write a list of the people who can help you with something difficult or a problem. You can make this a poster or write in your jotter and add sketches.

Remember - there are lots of people who are able to help us with different things E.g.

- Mum and dad - if I'm sad or frustrated
- My dog - comforts me when I feel sad

FEELINGS DETECTIVE

Be a detective and try to spot any difficult feelings this week as they arise follow this acronym to help you:
RAIN

Recognise - what am I feeling?

Allow - it's ok to feel this way

Investigate - what's making me feel this?

Nurture - I can be kind to myself and I can ask a parent to help me with this feeling

DREAM BIG

Learning at home won't last forever...
Let's get excited about our dreams for the future!

What do you want to be or do when you grow up?

Sketch it, write about it, what excites you about this career dream?



AFFIRMATIONS

Repeat one phrase to yourself throughout the day whenever you need a little positive reminder or comfort, e.g.

I love who I am

I am trying my best

Today is a great day

