

RANDOM ACTS OF KINDNESS

Can you do something kind for someone? Can you:

Can you create a seaside card for a care home (see the assignment 'Hello from Cody' which has more details! Can you sing a song for someone? Can you read a story to someone?

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

BALANCE

Draw a poster with a venn diagram and put it up somewhere to remind you of 3 things we should try to do each day for positive mental health.

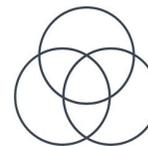
Headings for the circles are: PLEASURE, ACHIEVEMENT, CLOSENESS/CONNECTION.

The overlapping part in the middle should be labelled - WELLBEING

An imbalance between these 3 things (too much of one or two and not doing all three) can affect our mood and wellbeing.

GRATITUDE PROMPTS...

Can you think of, draw or write a list of 10 things that you are grateful for when going to school?



MEDITATION

Here's a different guided meditation to listen to on Youtube:

<https://www.youtube.com/watch?v=QQCnWvwr08U>

Or type into Google:
Peace Out, Guided Relaxation for Kids, 5, Moon and stars

Health and Wellbeing Activities Grid week 7



I'd love to see any of your work on Google Classroom, Twitter or emailed to me directly:
gw15murraystacy@ab-ed.org
Stay well! Miss Murray :)

Achieve your goals

What is a goal you'd like to work on more this week?

Can you break it down and write down 5 bullet points of what you can do to help you achieve this goal?

Square breathing

Watch this video on how to do square breathing - breathe in 4 seconds, hold 4, out 4, hold breath 4. This is my favourite type of breath exercise!

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

DREAM BIG

Write down a list of skills you would like to be able to do. Maybe one day you'll be able to do these! I have hundreds of things I'd like to do.....

1. Learn to use a sewing machine
2. Learn how to plant and look after a vegetable garden
3. Learn how to draw hands and feet and noses
4. Learn to speak French

The guest house

Draw a picture of a house with feelings knocking on or waiting outside the door.

Have a look at the attached poem called The Guesthouse. This poem describes how we should treat our feelings (even DIFFICULT or unpleasant feelings) as visitors and welcome them in, pretending our mind and body is a 'guest house'. Each time we recognise a feeling say, "hello sadness, in you come, it's ok to feel sad sometimes." "Hello anger, welcome in, it's ok to feel angry sometimes...." Try it - acknowledging (and being gentle towards) our feelings can help us!

