

## RANDOM ACTS OF KINDNESS

Can you do something kind for someone? Can you:

- Compliment someone today - not on how they look but what they are like (personality)
- Tidy up the kitchen
- Tell someone you love them

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

## JOKE BAG

Start an imaginary joke bag - where you can pull out a joke from your memory to try to cheer up someone who may be feeling down or bored. Research and learn (off by heart - you may need to practise it!) a joke you can tell a family member or friend by video call... Here's one to add to your invisible 'joke bag'  
Q. What do you call a boomerang that won't come back????

A. A stick!!! hahahahahaha

## GRATITUDE PROMPTS...

Can you think of, draw or write a list of 10 things (maybe even do this each day!) within your HOUSE that you are grateful for....? You may want to add describing words to your list to get your gratitude, juices flowing!

e.g.

Fresh, clean bedsheets

Cosy heating

Big, comfy sofas...

## MEDITATION

Here's a different guided meditation to listen to on

Youtube:

<https://www.youtube.com/watch?v=aldgkivX9-A>

Or type into Google:

Peace Out, Guided Relaxation for Kids, 4, starfish

## Health and Wellbeing Activities Grid week 6



I'd love to see any of your work on Google Classroom, Twitter or emailed to me directly:

[gw15murraystacy@ab-ed.org](mailto:gw15murraystacy@ab-ed.org)

Stay well! Miss Murray :)

## Would you rather?

Start up a fun, thought provoking game of would you rather with a family member or a friend!

The tricky is to think of two tricky or sometimes unpleasant or head scratching scenarios and ask the person playing - would you rather.....? Some people play this for a long time! Or come back to play it every so often (>.<) e.g. Would you rather:

ONLY be able to exercise in a giant hamster wheel

OR In a giant hamster ball?????

## Power on, power off breath

This is a great way to relax before meditation or before going to sleep:

1. Lay down somewhere comfortable
2. As you breathe in, turn the power ON in your face and body - tighten all the muscles you can - squeeze your eyes, cheeks, jaw, your bottom, your fists and feet curled into a tight ball
3. As you breathe out turn the power OFF - let every bit of your face and body relax and get floppy

## DREAM BIG

Write down a list of *jobs or careers* you might be interested in when you're older. Some of you may already know what you'd like to do...but it's great to have lots of different ideas about possible jobs! Other dream careers for me would be:

1. A writer and illustrator
2. An Egyptologist
3. A museum curator

## SKILLS & GOALS

Think of and write a list of skills and things you are good at in different places:

**At home:**

**At school:**

Now under each heading write a list of goals, things you would like to get better at, at home and school.

