

## RANDOM ACTS OF KINDNESS

Can you do something kind for someone? Can you:

- Say I love you
- Draw or colour in a picture for someone
- Give a hug

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

## BUGBEARS

Draw 5 large bugs and inside each bug write down 5 things which 'bug' (annoy or irritate) you!

Afterwards imagine these bugs wandering into the woods or flying away - not to bug you today!



## Calming kit

Can you create your own box of things from your home to help you feel calm and peaceful?

You might use a tupperware box or old shoe box or reuse a gift box! You might want to include:

- A scrap of soft fabric
- A scented rubber
- A small bouncy ball
- An old photograph
- Some bubble bath or shampoo or shower gel in a little bottle or pot
- Some fairy lights

## MEDITATION

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

<https://www.youtube.com/watch?v=KhXt7cpCPPs>

Or type into Google:  
Space Breathing, Guided Meditation for Kids, Peace Out

## Health and Wellbeing Activities Grid week 3



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

## SENSORY DETECTIVE

Can you ground yourself outside by going through the 5 senses? List:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel/sensations
- 2 things you can smell
- 1 thing you can taste

## 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

Write down a list of things you want to learn more and find out about!

I'd like to learn more about:

- Ancient Egypt
- How boys and girls learn best
- The 7 wonders of the world

## AFFIRMATIONS

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

I am proud of myself

I will make the most of today

