

RANDOM ACTS OF KINDNESS

Can you do something kind for someone? Can you:

- Pick up a piece of rubbish without being asked
- Lay the table for dinner
- Ask a friend or family member - 'how are you today?' and listen

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

SKILLS

It can be really useful when we feel bored or fed up to think of our strengths and things we are good at!

List as many things that you can think of, ask family members and friends to help you with ideas!

Start by saying/writing:

I am good at...

I am good at...

I am good at...

FEELINGS DETECTIVE

Colour code 4 blobs on paper - red, yellow, blue, green

Write inside each blob things which made you feel:

Red - angry, annoyed, grumpy

Yellow - unsettled, worried, hyper,

Blue - Sad, tired, unwell, bored

Green - joyful

MEDITATION

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

https://www.youtube.com/watch?v=Id6PeFfAmeM&disable_polymer=true

Or type into Google:
Treasure Box, Guided Meditation for Kids, Peace Out

Health and Wellbeing Activities Grid week 4



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

SENSORY DETECTIVE

Can you ground yourself INDOORS - SOMEWHERE in your house 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

Belly Breath

Take some time to ground and calm yourself by focusing on breath.

Lie down

Rest your hands on your belly

Breathe in and lift your hands up and off your tummy slightly as if they are on an inflating balloon

Breathe out

Let your hands return to your tummy as your breathe in as if the balloon is deflating

DREAM BIG

Write down a list of *countries* you'd like to visit in your lifetime!

I'd like to visit:

- South America (lots of countries)
- Iceland
- India
- Many many more!

AFFIRMATIONS

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

I am loved

Today will have small moments of joy!

		Have a go at creating your own!
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