

RANDOM ACTS OF KINDNESS

Can you do something kind for someone? Can you:

Can you make everyone's beds today?

Can you give a gift to someone you meet?

Can you smile at everyone you see on your walk today?

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

BALANCE

Can you sketch out what you did today for PLEASURE, ACHIEVEMENT, CLOSENESS/CONNECTION

Remember - these 3 things help us achieve a sense of wellbeing!

An imbalance between these (too much of one or two and not doing all three) can leave us feeling not so happy

GRATITUDE PROMPTS...

Can you take photographs or make an imovie of 10 things that you are grateful for ??

MEDITATION

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

<https://www.youtube.com/watch?v=2TFuFd4iFOY>

Or type into Google:
Peace Out, Guided Relaxation for Kids, Peace out, Cosy Cats

Health and Wellbeing Activities Grid week 9



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 :)

Free gift

Can you collect a paint/decorate a stone with a positive message and leave it for someone to see or pick up??

Breathing

Try these breathing exercises for relaxation !

<https://www.youtube.com/watch?v=2PcCmxEW5WA>

DREAM BIG

Write down a list of places in Scotland you'd like to visit when lockdown is over!

AFFIRMATIONS

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

Life is good today!

There is no other me so I should be as ME as I can!

My family love me and I love them

