SCHOOL HOLIDAY

WELLBEING ACTIVITIES

10 - 27 April 2020
Journalling is a great way to record your worries, goals, ideas or any other thoughts and feelings. There are many changes happening in your life right now, make note of them and pay attention to the things you miss or don’t miss.

We are living through a significant historical moment that will be interesting to share with future generations so keep your journal somewhere safe.

You can write, draw or digitally record your journal.
Make a list of 3 things you are grateful for. Each day add another 3.

You will notice more good things if you are looking for them.
BLOWING BUBBLES IS GREAT FOR DEEP BREATHING. MAKE YOUR OWN BUBBLE MIX, GO OUTSIDE AND EXPERIMENT WITH LONG DEEP BREATHING & SHORT SHARP BREATHS. FOLLOW A BUBBLE UNTIL IT POPS.

**Recipe**

- 1/2 cup dishwashing liquid
- 1 1/2 cups of water
- 2 teaspoons sugar

For the stick you can use a few straws taped together (look online for more ideas)
Muscles can become tight when we worry. Stretching and squeezing can help let go of tension in your body. Follow this progressive muscle relaxation on YouTube:

https://www.youtube.com/watch?v=cDKyRpW-Yuc

Or do some of your usual sport stretches.
MOVEMENT IS GREAT FOR YOUR MIND AS WELL AS YOUR BODY.

SET UP YOUR OWN OBSTACLE COURSE IN YOUR BACKYARD OR LOCAL PARK.

CHECK WITH YOUR PARENTS ON WHAT IS/ISN’T ALLOWED.
CONNECT WITH FAMILY

At the moment we can’t catch up with our friends, so connecting with those at home is more important than ever.

Go for a walk or run together
Play a board game
Do a puzzle
Set up a tent and camp out in the backyard
DAY 8 MONDAY -
Remember to continue your gratitude and journal tasks this week

PLAY DOUGH

ROLLING, KNEADING, FLATTENING AND SQUISHING CAN BE VERY CALMING.
MAKE A BATCH AND BE CREATIVE.

Click the link for recipe

ASK SOMEONE AT HOME TO HELP WITH THE HOT WATER!
DAY 9 TUESDAY

RANDOM ACT OF KINDNESS

Being kind and compassionate can make you feel good.

Think of something you can do for someone else right now. It doesn’t have to be big, just something helpful or kind.

Examples:
- Leave a nice note for your mum
- Do the dishes
- Bring in the washing

Being helpful to another person is doing something they want or need. You may need to check that what you are doing is helpful or ask how you can help.
CLOUD WATCHING

Lie outside and watch the clouds. See if you can make pictures out of the them.

If the sky is grey switch this activity with another day or wait until night and watch the stars instead. How many can you count?
When you eat mindfully, you activate all your senses. Grab a piece of fruit or chocolate and follow these steps. (Spend about 1 minute on each)

SIGHT - Look at your food and notice the colour & shape. Is it symmetrical?

TOUCH - How does it feel? Squishy or firm, smooth or rough.

SMELL - What can you smell? Is it strong or subtle?

TASTE - Pay close attention to how it tastes & what it feels like in your mouth.

SOUND - What can you hear as you chew? Listen carefully.

Share what you noticed with someone at home.

DID YOU NOTICE THERE WAS MUCH MORE FLAVOUR OR THAT YOU WERE MORE SATISFIED WITH A SMALL AMOUNT?
Find a quiet place and try this Smiling Mind Meditation.

https://www.youtube.com/watch?v=8NB3ihqPQGw
AT THE MOMENT WE CAN’T CATCH UP WITH OUR FRIENDS, SO CONNECTING WITH THOSE AT HOME IS MORE IMPORTANT THAN EVER.

ASK SOMEONE AT HOME TO TEACH YOU A NEW SKILL
COOK A MEAL TOGETHER
CARPOOL KARAOKE (AT HOME OR IN THE CAR)
GO FOR A BIKE RIDE TOGETHER

IT IS IMPORTANT TO STAY CONNECTED WITH YOUR FRIENDS TOO, SPEAK TO YOUR PARENTS ABOUT WAYS YOU CAN DIGITALLY CONNECT.