




More Activities for Mental Well-Being

Relaxation Breathing	Kim's Game	Worry Friend 	5-a-Day Challenge
<p>Sit comfortably and imagine you have a flower in one hand and a candle in the other. Breathing in slowly and deeply, pretend to smell the flower in your one hand and then gently and slowly blow out the candle in your other hand. Repeat this 5 times. If possible, try to breathe in for the count of 5 and breathe out for the count of 7, which will help you to feel relaxed and calm.</p> 	<p>Ask an adult to put 10 different small items on a tray and cover them with a tea-towel. When you are ready, remove the tea-towel and study the tray for 30 seconds, trying to memorise them all before re-covering. See if you can remember all 10 items. Alternative – close your eyes and ask your adult to secretly remove one object. Can you spot which item is missing? Playing games where you need to concentrate, helps you to focus on the present and let go of your worries.</p>	<p>If, at the end of the day, you are finding it hard to sleep because you have worries on your mind, you can talk to your worry friend and tell them your worries. (Don't forget it is also good to talk about your worries to an adult.) Then tuck your friend away out of sight or under your pillow and let them take your worries away, so you can sleep peacefully.</p> <p>Draw a simple outline of a boy, girl or an animal and design a colourful outfit to decorate it with. If you can, stick it on to card (an empty cereal box would be ideal) and carefully cut it out. Keep it by your bed to tell it your worries before you go to sleep.</p> 	<p>We should all try to do these things every day to help us keep a positive mental health.</p> <p><u>1. Connect with others</u>-take time to talk, either with the people in your house or friends and family via video messaging or on the phone.</p> <p><u>2. Be active</u> - exercise safely for at least 30 minutes every day to keep our bodies fit and healthy</p> <p><u>3. Take notice</u> - try to take a few minutes to sit quietly and focus on the present moment, we call this Mindfulness. Use your senses to notice all the things around you and concentrate on them. Can you hear the birds singing, see the branches of a tree swaying or smell something cooking? Focusing on the present helps us to let our worries go.</p> <p><u>4. Learn something new</u> - we are learning new things all the time. Be proud of all the skills you are learning at home and try something new every day!</p> <p><u>5. Help or give to others</u> – when we help other people or give someone something, we get a warm feeling inside. Making others happy makes us happy too. There are lots of ways you can help around the house, or help a brother or sister with their learning.</p> <p>Maybe you can make a weekly chart and try to fill all 5 boxes every day with the things you have done. Decorate it with bright colours and put it somewhere where you will be reminded of the great things you are doing and how you are keeping your mind healthy.</p>

Hello again everyone! I hope you are all well and are continuing to keep busy with your learning and keeping active. I hope you enjoyed having a go at some of the activities I suggested last time; here are some more for you to try. I'd love to see some pictures of any that you do. Take care and stay safe.

Mrs Difford

Additional resources available at:

<https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>