

## Activities for Mental Well-being

Family Portrait	Build a Den	Rainbow Treasure Hunt	Three Things	Pebble Art
<p>Draw a picture of everyone in your home with you. Make your picture bright and colourful and display it somewhere for everyone to see! Try making a frame for it out of card from an old cereal box and decorate the frame with any bits and pieces you can find. Perhaps you could use bits of coloured tissue paper, colourful sweet wrappers, cotton wool, string or even some pieces of dried pasta!</p>	<p>Make your own quiet, private place using a couple of chairs and an old sheet or towel. Having a quiet, cosy place to sit and read or play makes us feel relaxed and secure.</p>	<p>Make a list, or draw a picture, of all the things in your home that are the 7 colours of the rainbow – red, orange, yellow, green, blue, indigo and violet. Before you start, guess which colour you think will have the most items. Did you guess correctly?</p>	<p>Mindfulness is all about being in the present moment and clearing our minds of everything else. It is a great way to help us relax and let our worries go. This is an activity that you can do either inside or outside. First, stop and keep very still. Concentrate on the present moment and use your senses.</p> <p>Listen - what are three things you can hear?</p> <p>Look - what are three things you can see?</p> <p>Feel - what are three things you can touch?</p>	<p>On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints or felt-tips. Perhaps you could write a positive message on your pebble. Some examples would be:</p> <p>I am happy, I am loved, I am calm, I am amazing, I believe in myself or I can do it. I am sure that you can think of lots more. These are called affirmations, which means 'to state something that is true'.</p>

Hello everyone!

I hope you are all well and have been keeping busy with your Remote Learning. I thought I would suggest a few extra activities, all of which help in different ways with our mental well-being. I hope you enjoy doing some of these activities and I would love to see some photos if you try any of them. Send any photos into the school email address. Keep well and I am looking forward to the time when we can all be back together in school. Mrs Difford.

