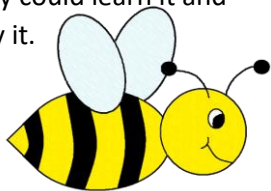



Activities for Mental Well-being – February 2021

My Favourite Song	Stress Toys	Blowing Bubbles	Wall Pushing	Puppet Show
<p>Make up a dance to your favourite song. It is very important that we keep active and dancing is a great way to do this. You could perform your dance to the rest of the family or even video yourself and send it in to school so that our school family could learn it and enjoy it.</p> 	<p>This exercise releases muscle tension and massages your hands. Make your own stress balls by filling un-inflated balloons with dry rice and then tying the neck of the balloon in a knot, ask an adult to help you do this. Take the balls in one or both hands and squeeze and release. Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes.</p>	<p>Imagine you are blowing the biggest bubble ever! Blowing bubbles is a great way to relax and let go of your worries. You do not need to have a real pot of bubbles to do this activity. Take in a breath and imagine that you have a pot of bubble liquid. Slowly and gently blow bubbles into the room. Imagine your worries are floating away with the bubbles.</p> 	<p>This is perfect for getting rid of stress without having to go outside or even leave the room. Push against the wall with both hands for 10 seconds. Imagine that you can push the wall over if you try hard enough! Repeat three times. When you do this, your muscles contract and then relax, releasing feel-good hormones into the body.</p>	<p>Act out your favourite story or make up your own story, using toys for characters and any props that you can find around the house. You could perform it to your family, or make an audience out of teddy bears!</p>

Hello again everyone!

I hope you are busy enjoying your remote learning, as well as taking time to relax by doing some well-being activities. Here are some more activities for you to try, which I hope you will enjoy. Hopefully you are also being able to spend some time outside enjoying the fresh air and exercise, as this is also important to keep our minds and bodies healthy. You are working so hard and we are very proud of you all! Take care and stay safe.

Mrs Difford

