

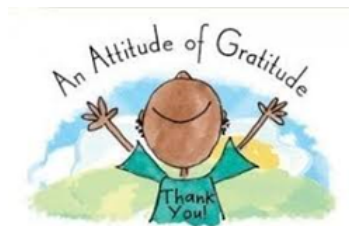
Well-being activities for children

Hello children. We hope you are all well and feeling good.

We thought you might like to try some of these activities.



1. Write a list of three good things about yourself. Ask other members of your family to help you. Then copy out the list in the best fancy writing you can. Use colours, draw little pictures, and decorate it nicely. For instance if you think you are kind draw a little picture of you doing something kind. Then put that in a place where you see it often. You can also wish good things for yourself, like, "I want to be happy and strong, I want to be kind, I want to have fun," and lots of other good things you wish for.



2. Every day next week think of at least two things that you are thankful for. They can be big things like "I'm glad to be alive," or "I'm thankful for my family," "I'm happy to be alive," "I'm grateful for my siblings." But it can also be simple things like, "I'm grateful for my meals, my iPad, my toys, my clothes and so on. I am sure you will think of many more. You can write them down or draw them and maybe you will do something to show you appreciate them.



3. You probably are spending more time on screens than you usually would if the schools were open. That is understandable. To balance that out try to get out to a park or some green space every day next week. You could walk or cycle. Just being in a green space is good for you. It makes you more confident. It excites the brain more than video games.



4. Try to get some vigorous exercise every day next week. You know what we mean, when you are almost out of breath and your heart is beating fast. You could run on the spot for ten or fifteen minutes, you could dance, do shadow boxing or anything that gets you out of breath. Best of all would be some rough and tumble play.



5. Choose something you like and notice everything you are doing for five or ten minutes. You could stay quiet for a while, relax and notice your breath going in and out for ten breaths. You could listen to how many different sounds you hear. When we attend like that, our brains get a break.



6. Try to do something generous every day next week and see how it makes you feel. You could offer to help mum or dad. You could share sweets or toys with a sibling. Trying to get a generous attitude is the important thing. You will find other ways to be generous.

Pick a couple of these activities and try to do them every day next week. Be kind to yourself. Do your best. That is all that is needed. Good Luck