



## Cottesmore St Mary's School

### List of wellbeing activities:



- Do a one-minute silent meditation
  - Say a prayer when you wake up and before you go to sleep
  - Write an affirmation. E.g 'I am kind' or 'I am resilient' and say it aloud five times.
- Find a rock. Decorate the rock as you please and put it in your pocket. Every time you touch it, say something you are grateful for.
  - Try rainbow breathing:



- Help out the adults in the house in some way. Maybe you could do the dishes/ fold the laundry?
  - Do something kind for somebody.
  - Write a letter to a family member telling them why you love them.
- Draw a self-portrait. Around your portrait, write all the words that best describe you and draw all of your favourite things.
  - Do some colouring.
  - Put on your favourite song and create a crazy dance routine to it.
    - Try some yoga stretches.
  - Think about three people you are really grateful for. Close your eyes and send them some love.
    - If you have a garden, water any flowers that are growing there.
  - Do some mindful eating. Smell the food, touch the food, hear the food. Put it in your mouth before chewing and then chew really slowly. Does it alter the taste?
    - Put on some calming music.
    - Look around the room. How many yellow things can you find?
- Talk a mindful walk in nature. Think about everything that you can see, hear and smell around you.
  - Look at yourself in the mirror and tell yourself three things that you really like about being you.
    - Make it your mission today to smile as many times as you can.
    - Look up at the sky. If there are any clouds, do they look like any objects?
  - Find a glass jar. Every time something nice happens to you or is said to you, write it on a piece of paper and put it in the jar. You can always look back over this.
- Create a worry doll. Keep this under your pillow and you can tell them any worries that you might have.
  - Log on to 'go-noodle' which has lots of different mindfulness videos for you to join in with.
    - Get outside into nature and appreciate the beauty that surrounds you.
      - Sing a song that makes you feel happy.
    - Turn all screens off for a day and think about other activities you can do instead.
- Say a prayer before eating dinner. Thank the people who have grown the food, packaged the food etc.