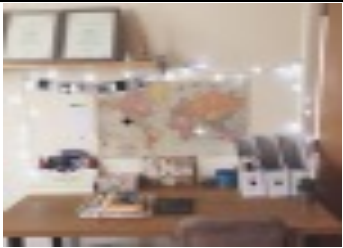

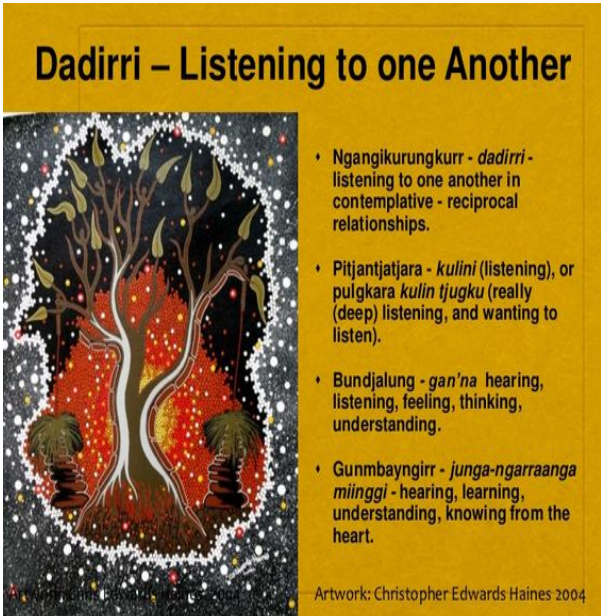



WELLBEING GRID: RE-SET, RE-FOCUS, RE-IGNITE & RE-ENERGIZE - Student Copy

OPTION ONE Physical Health & movement	OPTION TWO Cognitive, Mind & Self Spiritual, Community & school Values	OPTON THREE Creativity
<p>Walking for 20-30 minutes each day. Go outside and get some fresh air and sunshine. It will help improve your mood, energy and motivation. Even if you feel tired make the effort</p>	<p>Get organizing- Organize your room & workspace</p> 	<p>Create a Positive Thoughts Jar</p> <p>Write a positive thought each day and place it in a jar each day</p>
<p>Photography Walk around your area and take some photos, you may notice things that you normally walk past</p>  <p>Notice the Spoonville Community, take a photo and then you can make your own and add to the community. Take a photo and send it to Ms Halsall via XUNO</p>	<p>New Mindfulness Practice https://www.youtube.com/watch?v=tow2tR_ezL8</p>  <p>Dadirri - Listening to one Another</p> <ul style="list-style-type: none"> • Ngangikurungkurr - <i>dadirri</i> - listening to one another in contemplative - reciprocal relationships. • Pitjantjatjara - <i>kulini</i> (listening), or <i>pulgkara kulin tjugku</i> (really (deep) listening, and wanting to listen). • Bundjalung - <i>gan'na</i> hearing, listening, feeling, thinking, understanding. • Gunmbayngirr - <i>junga-ngarraanga minggi</i> - hearing, learning, understanding, knowing from the heart. <p>Artwork: Christopher Edwards Haines 2004</p> <p>Dadirri: Deep listening</p>	

<p>Walk- with someone or a pet for 20-30 minutes Practice social distancing – 1.5 metres</p>	<p>Gratitude: write a letter to someone thanking them for what they have done for you</p>	<p>Make a Play list – Make a list of 10 songs that make you happy.</p>
<p>Yoga- Yoga for the classroom with Adriene 10 min https://www.youtube.com/watch?v=Td6zFtZPkJ4&t=44s https://www.youtube.com/watch?v=Td6zFtZPkJ4&list=PLui6Eyny-Uzx96yT2Ok7l6SGcxSxXigUI Yoga with Adriene 17 min https://www.youtube.com/watch?v=dF7O6-Qablo Yoga for Teens with Adriene 20 min https://www.youtube.com/watch?v=7kgZnJqzNaU&t=33s Chair Yoga for Beginners 4 min https://www.youtube.com/watch?v=CJJnMvM6eDA Chair Yoga for Slowing down 10 mins https://www.youtube.com/watch?v=x9X4Y47DBdl Chair Yoga for better balance 10 min https://www.youtube.com/watch?v=x9X4Y47DBdl Chair Yoga to regulate mood and emotions 9 min https://www.youtube.com/watch?v=M76x26Fj1To</p> <div data-bbox="208 1153 427 1375" data-label="Image"> </div> <div data-bbox="598 1153 698 1423" data-label="Image"> </div>	<p>Mindfulness-</p> <ul style="list-style-type: none"> Smiling Mind App Stop breathe think App Calm App <p>Appendix 2 for the following sheets</p> <ul style="list-style-type: none"> Spot the difference Colouring Mindfulness walk Mindfulness mazes <p>Appendix 3 for the following sheets:</p> <p>What is Mindfulness?</p> <ul style="list-style-type: none"> Mindfulness Meditation Grounding techniques Progressive Muscle Relaxation script <p>Clip:What are the benefits of Mindfulness? students perspectives 5 min https://www.youtube.com/watch?v=cOGM-zKPTE Mindful meditation Clip with Adriene https://www.youtube.com/watch?v=vYQy8-7Ut1E Mindful breathing 5 min https://www.youtube.com/watch?v=SEfs5TJZ6Nk Classroom meditation – Grounding & relaxation 5 min https://www.youtube.com/watch?v=eYm9FkWQc0Q Relaxing music 2 hours https://www.youtube.com/watch?v=zQtnPTIFFE</p>	<p>Arts and crafts – Have a look through the existing arts/crafts materials you might have at home. Make pressed flower cards, a collage, dreamcatchers, bracelets, necklaces, wall décor, collect quotes that inspire you. Order more online if needed such as K-Mart: https://www.kmart.com.au/category/toys/toys-by-category/shop-all-toys/kids-art,-craft-&-stationery/252011</p> <p>Make a collage</p> <ul style="list-style-type: none"> About me Favourite Celebrity 2020 Things I found on my walk My family My favourite food <p>See Appendix 6 for more Arts and Crafts wellbeing activities.</p> <div data-bbox="1839 209 2132 475" data-label="Image"> </div> <div data-bbox="1424 1102 1742 1426" data-label="Image"> </div> <div data-bbox="1765 1099 1948 1466" data-label="Image"> </div> <div data-bbox="1948 1185 2121 1329" data-label="Image"> </div>

Skipping – create your own 2-3 minute routine

Basic to Advanced skills Clips:

<https://www.youtube.com/watch?v=g05NZ3rro8>

<https://www.youtube.com/watch?v=PUCQ2pvnyW4>



Unplug hour – Ensure one hour a day without accessing your phone, device or laptop. Use this as learning, reading or relaxing time.



Pets – It's a great time to spend time with your pets



Cook up a feast-



Egg and Lettuce flying saucers

<https://www.taste.com.au/recipes/egg-lettuce-mayonnaise-flying-saucer-sandwiches/Qq3DP2g3?r=recipes/kidshealthyrecipes&c=a91da572-616c-44a6-bc76-05f675fabcde/Kids%20healthy%20recipes>

Ham and 3 cheese muffins

<https://www.taste.com.au/recipes/ham-3-cheese-muffins/RtXTDH2a?r=recipes/kidshealthyrecipes&c=a91da572-616c-44a6-bc76-05f675fabcde/Kids%20healthy%20recipes>

Chicken Nuggets

<https://www.kidspot.com.au/kitchen/recipes/healthy-chicken-nuggets-recipe/a3eqoxyw>

Lemonade Scones

<https://www.kidspot.com.au/kitchen/recipes/traditional-lemonade-scones/wukc6bcx?r=sweets&c=qd5kvbtX/5%20ingredient%20dessert%20recipes&h=sweets>

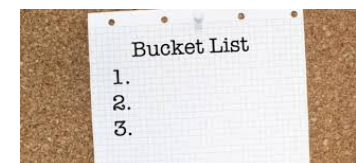
Please be cautious and avoid ingredients you are allergic to.






Balloon volleyball - Blow up a balloon and clear some space for a competitive game of balloon volleyball. If you don't have anyone to play with, see how many times you can hit the balloon into the air without it touching the ground

Think of some other games you can play

Audiobooks – Listen to your favourite book through Audible (<https://www.audible.com.au/>) or download apps such as “Open Culture,” “Lit2Go”, “Loyal Books”.

Think to the future- Write a bucket list of 5-10 things you would like to do in the future



<p>Music – Listen to your favourite music, make a playlist. Dance around to fun beats too, whether oldies-but-goodies or something new, it's a great way to have everyone relax, laugh and get moving. Here are 100 songs that can uplift you during this time: https://www.usatoday.com/story/entertainment/music/2020/03/20/coronavirus-100-songs-listen-while-youre-stuck-at-home/2882725001/</p> 	<p>Board games – Play board games and trivia with your family. Bring out your old games you used to love when you were younger! Or you can purchase more online to be delivered to your house.</p> 	<p>Gaming Creativity- Create a cover for a PS4 or XBOX game</p> 
<p>Step Challenge-How many steps are you doing in a day? Challenge yourself to achieve 10,000 steps per day or set your own target.</p> 	<p>Chores – Help your parents/carers by assisting with a designated chore list, ticking off different chores each day. Take care of each other.</p> 	<p>Inspirational quotes – Choose one or two that you love and create a poster for your room</p> 
<p>Go outside – Head into your backyard, kick the footy/soccer ball, play basketball, jump on the trampoline, lift small weights, jog around the yard</p> 	<p>Charades – Play charades with your family: https://ourpastimes.com/charade-ideas-teenagers-8725678.html</p>	<p>Build a Lego city - Find your Lego blocks and create a whole city. Use your family dog or cat as the oversized villain. Film your pet destroying the city. Or play Lego online: https://kids.poki.com/en/lego 30 day Lego Challenge Appendix 4</p>
<p>Circuit training Home Fitness Circuit with stations - basic exercises https://www.youtube.com/watch?v=PYNbM9N7all Caution do not do the stair activities Circuit – You can set up a circuit, for yourself or with the family https://www.sportaus.gov.au/findyour30/challenge/cards</p>	<p>Movie night - Host a movie night with your family. Rotate each family member's favourite movies or watch a new movie. Now is the perfect time to catch up on those really long movies you have avoided. Create a Google document of the movies you've watched and share it with friends.</p>	<p>Musical Reflection- Play your favourite song and write down how it makes you feel.</p>

Circuit – clip follow the instructions
<https://youtu.be/g3L556EpRuo>
 Low impact workout for 10 min
<https://www.youtube.com/watch?v=g-D7ncAC9rQ>

Kids, Teens & beginner HIIT 10 min
<https://www.youtube.com/watch?v=ytpqZniZlw>
 Kids workout at home 12 min
<https://www.youtube.com/watch?v=8uUawnM-FD8>

Watch uplifting or hopeful movies, such as these movies:
<https://www.crosswalk.com/culture/features/hope-filled-movies-to-while-youre-stuck-in-the-house.html>



Have fun moving- Dance like no one is watching
 Learn a new Dance genre



Podcasts - Sit together and listen to podcasts, pick a few to listen to that you can learn from, be inspired by or relax to. Share with your friends.

Mindfulness in 8 Weeks – 15 minute guided mindfulness sessions
<https://www.podbean.com/podcast-detail/ivapi-41c93/Mindfulness-in-8-Weeks-20-Minutes-a-Day-Program-Podcast>
Morning Mindfulness– Wake up right with morning mindfulness
<https://podtail.com/en/podcast/wake-me-up-guided-morning-mindfulness-meditation-a/>

Vision Board – create a vision board with your favourite quotes and goals you'd like to achieve.



Eat Right – Try eating 5 serves of vegetables a day and 2 serves of fruit



Play instruments – Practice your flute, piano, trumpet, guitar etc.



Slime – Learn how to make your own slime at home with your family:
<https://www.bbcgoodfood.com/howto/guide/how-make-slime>



Sleep Right- Aim for 8 hours a night of sleep. Try to avoid napping through the day and drinking caffeine in the afternoon.

Appendix 5



Routines- Stick to your normal routines

Eating – Eat nutritious foods

Sleeping go to bed around the same time and get up at the same time you would as if you are coming to school.

Exercise in the morning if you can. Make time during the day. Teachers will give you time.

Meals have regular meals and healthy snacks

Personal hygiene Showering frequently

Technology Limit your time and take breaks in between classes. Choose an activity from the Grid and just relax when you need to.

Classes should only go for up to 35 minutes. You need to work on your wellbeing for the remainder of each session.

Tidy your room



Zoo – Go to the Melbourne Zoo, online!

<https://www.zoo.org.au/animal-house/>

Or you could try the San Diego Zoo:

<https://animals.sandiegozoo.org/live-cams>

Or visit the Online Zoo:

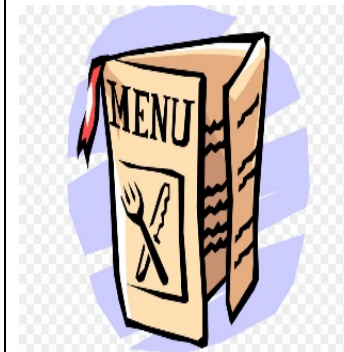
<http://theonlinezoo.com/>

Complete a Jigsaw Puzzle with someone



Video – Put together a video of your favourite family videos and photos.

Weekly Menu – Help your parents/carer setup a weekly menu of what you can eat/cook for the week and how you can help



Hula hoop try using a hula hoop and improve your fitness at the same time
Hula Hoop for beginners:

<https://www.youtube.com/watch?v=0visc3p6uAA>

Beginner Hoop tricks

https://www.youtube.com/watch?v=H-k0uhIM3_c

Make your own routine to music



Uno – Play with your family, or play online:
<https://www.crazygames.com/game/uno-online>



DIY Projects for Teens:



<https://diyprojectsforteens.com/>

Tai Chi

Beginner moves with Leia Cohen

<https://www.youtube.com/watch?v=cEOS2zoyQw4>

<https://www.youtube.com/watch?v=OPcZIXYcdMA>

<https://www.youtube.com/watch?v=62a20CilAIY>



Online games you can connect with others:

Fish bowl <https://fishbowl-game.com/>

Online Drawing game <https://skribbl.io>



Draw yourself
You will need a piece of white paper, and a pen/pencil for this activity and a mirror. Place a mirror in front of you. Without looking down, try and draw an image of yourself.

Appendix 6

Walking & Wellbeing Art Activity (Carly Young)



Go for a walk and along the way, pick 3-5 stones, rocks or pebbles that you like. Using acrylic paint, pens or textas draw an image

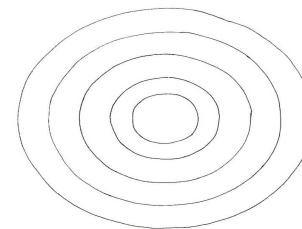
on it, or a message of kindness. Place your name on the back. When you go for a walk again, place it somewhere that you think someone may encounter it, or give the rock to someone in your house. **Appendix 6**

Gratitude Activity: Write a thank you note to someone and let them know how much you appreciate what they have done for you.



Wellbeing Art Activity (Carly Young)

Here's another Zentangle to have another go at. Draw on paper a circle, or use the one below as a template.

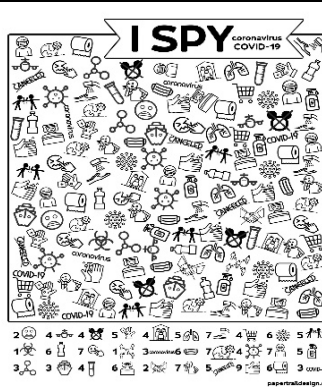


In each section of the circle, create a different pattern. You can choose whatever pattern you like.

Appendix 6

Bike riding

Go for a ride on your bike. If possible use a bike track, remember to wear a helmet. Check with your parents and make sure your bike is in good working order.



as quickly as possible. You can make up your own versions of the game. Or you can play by yourself.

See Appendix 6.

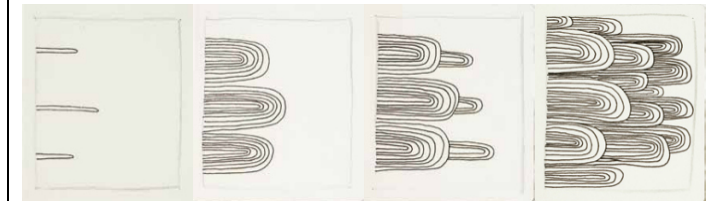
I Spy

play this game with others. One player can start the game by stating they can see something starting with the letter... Other players look at the chart and try to identify the thing

Wellbeing Art Activity

Zentangle drawing is a drawing that works slowly from starting with one pattern, and by adding the same pattern, but in different areas, it develops into a bigger pattern.

Take a piece of paper, and a pen or pencil. Copy the process as below, starting from the left, to the right.



See Appendix 6 for more of Carly Young's Wellbeing Art activities.

Instructions: Ensure you exercise each day as it is important to get outside and the minimum is to go for a walk, organize your workspace & write a positive thought each day and place it in your jar.

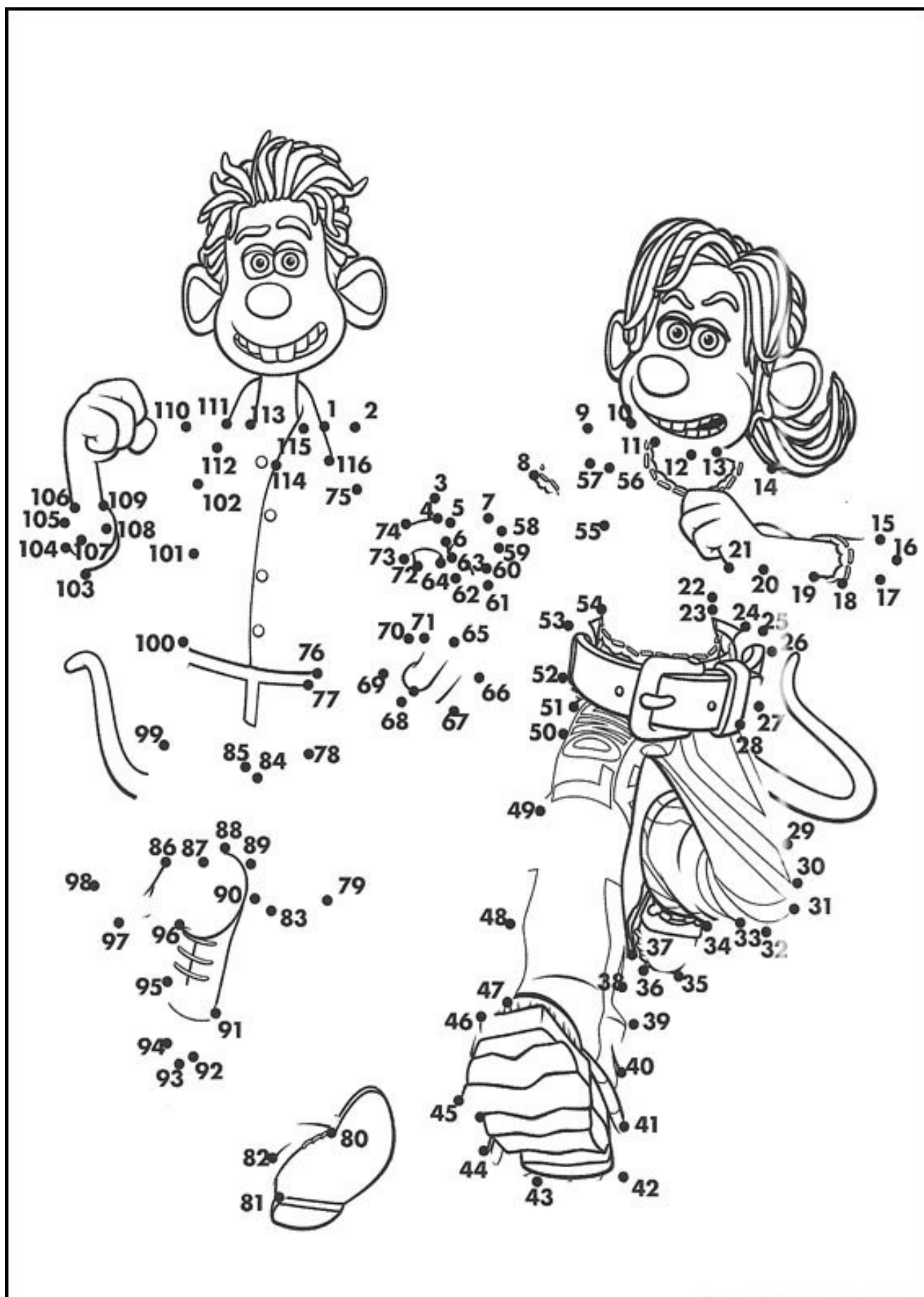
1. Walking for 20-30minutes each day
2. Organize your work space
3. Positive Thinking Jar

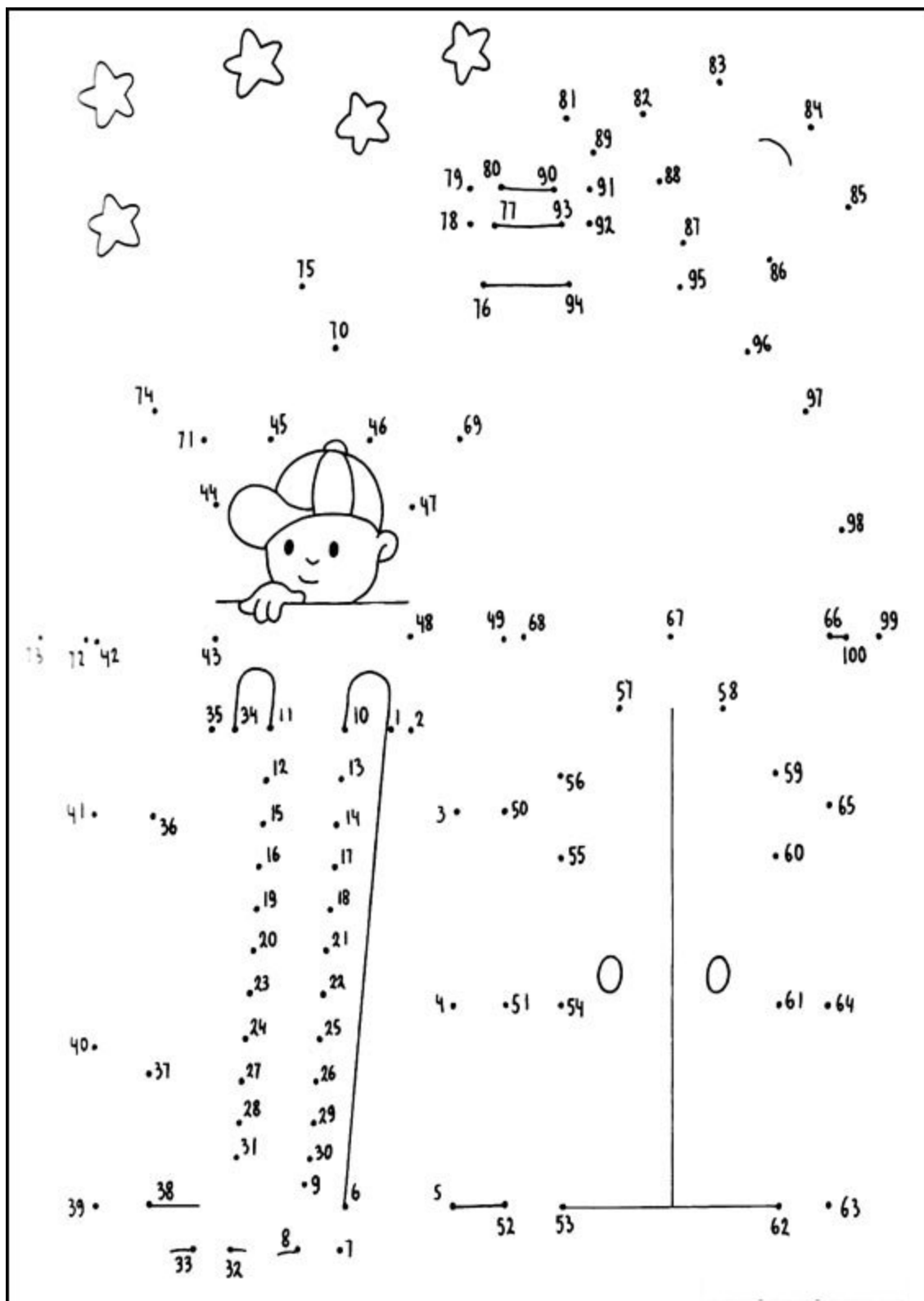
If you have any suggestions on activities that we could include please message Ms Halsall or Mr Thomas directly on XUNO with your ideas.

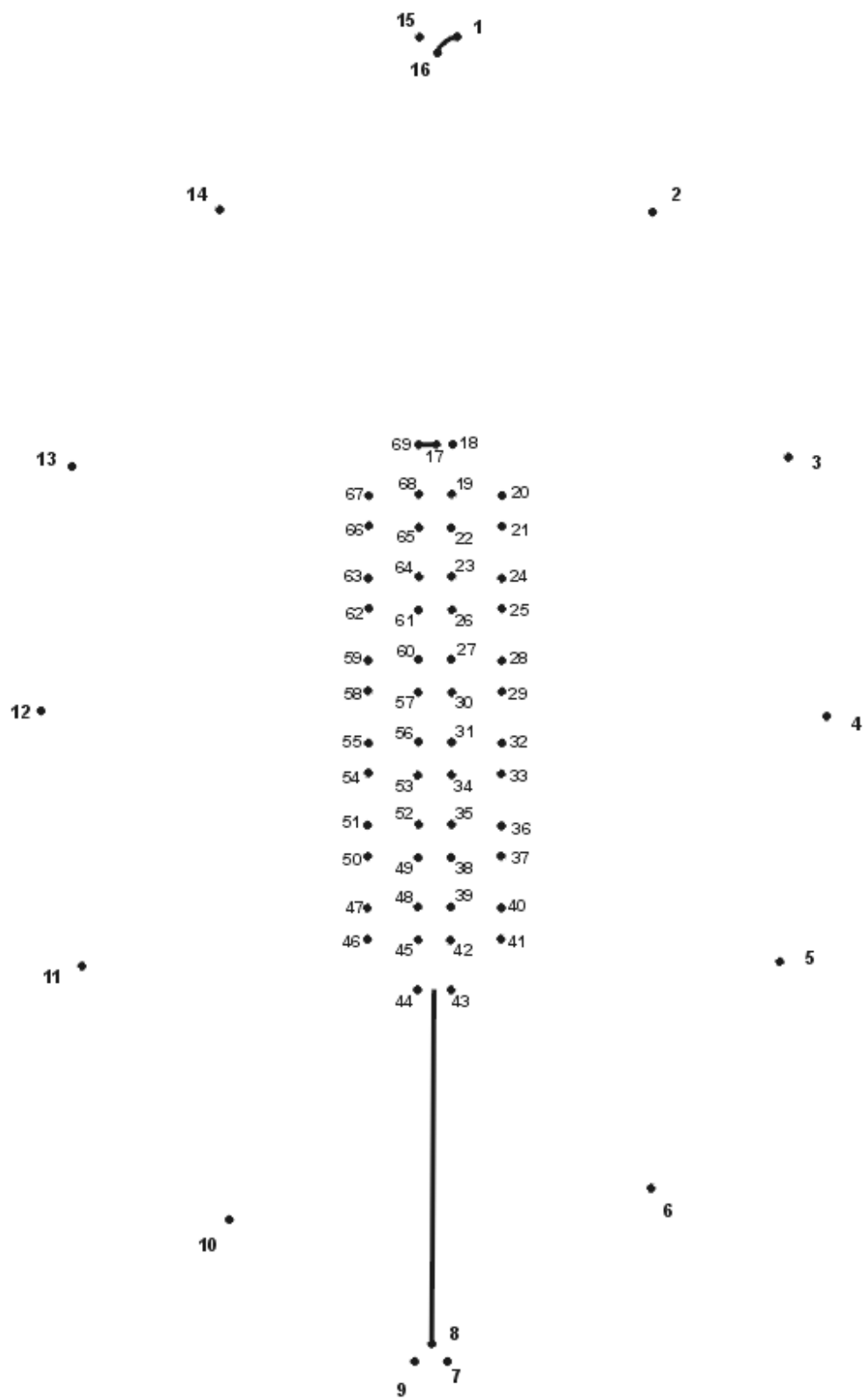
Make sure you check emails for your Appendices 2 - 6

Appendix 1	Write down a positive thought each day and place it in a Jar
Appendix 2	Mindfulness activities, spot the difference, mazes, mindfulness walking
Appendix 3	What is mindfulness? Grounding techniques, progressive relaxation, mindfulness meditation
Appendix 4	Lego 30 day challenge
Appendix 5	Sleep hygiene
Appendix 6	Carly Young's Wellbeing Art activities

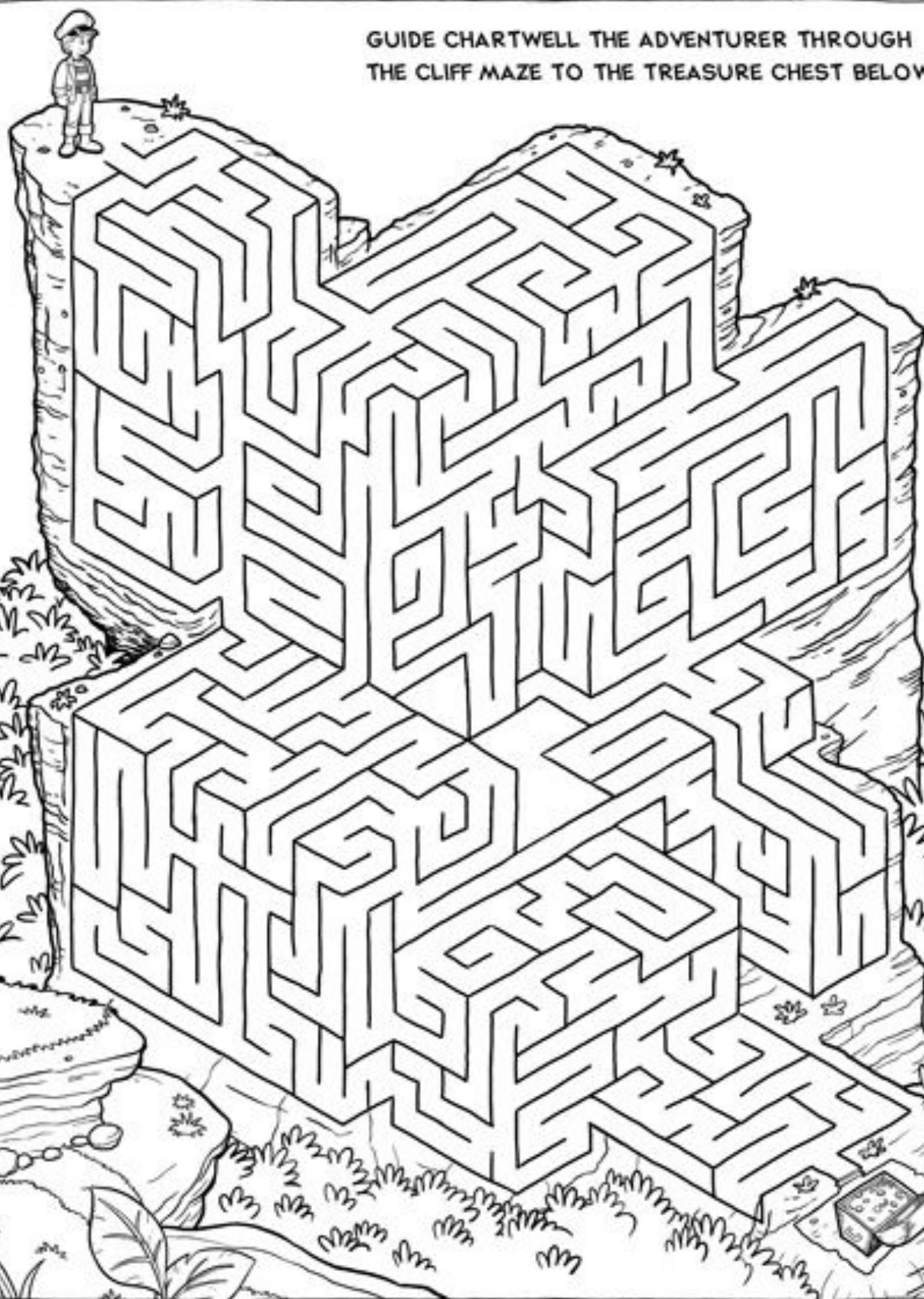


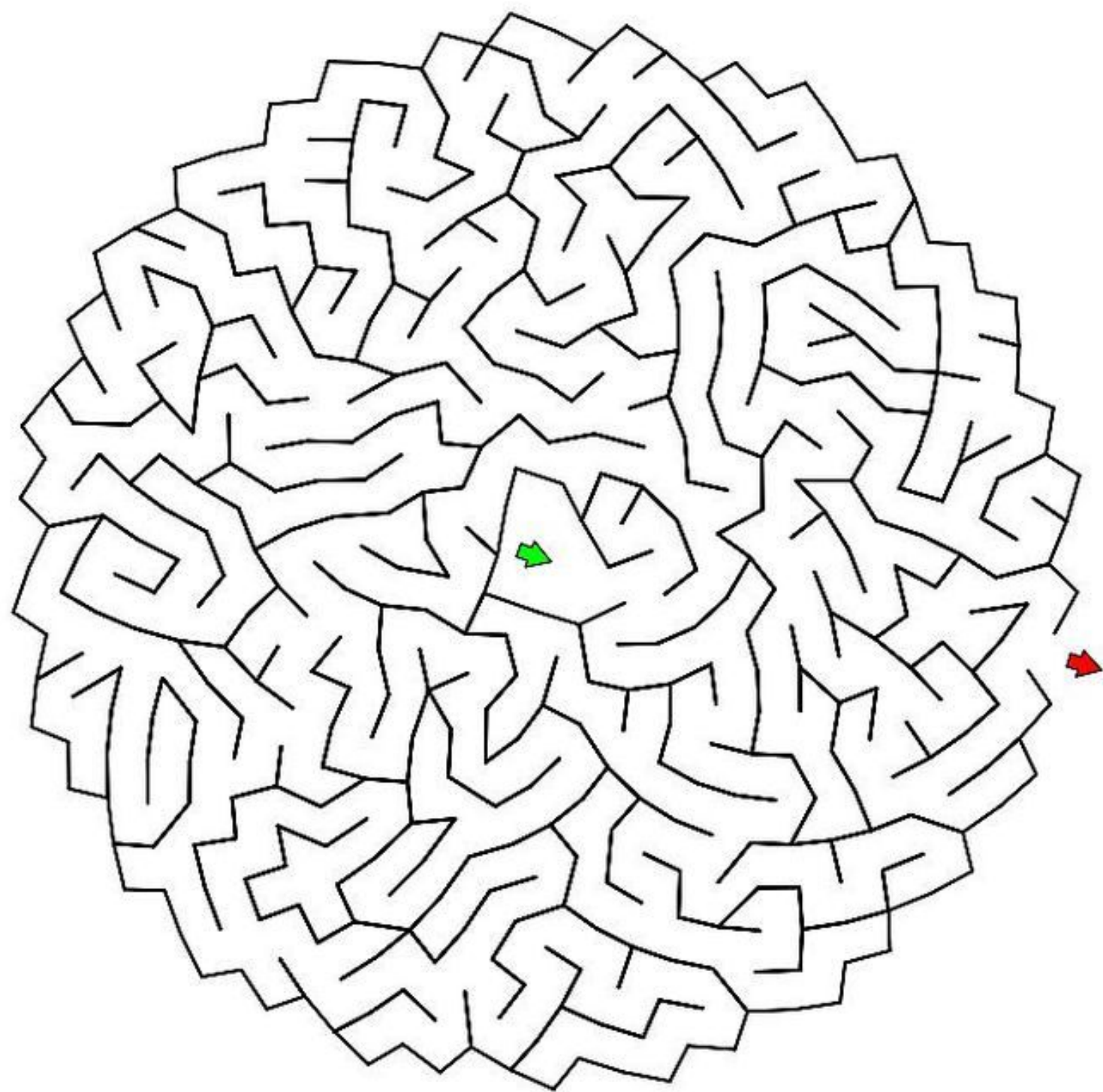






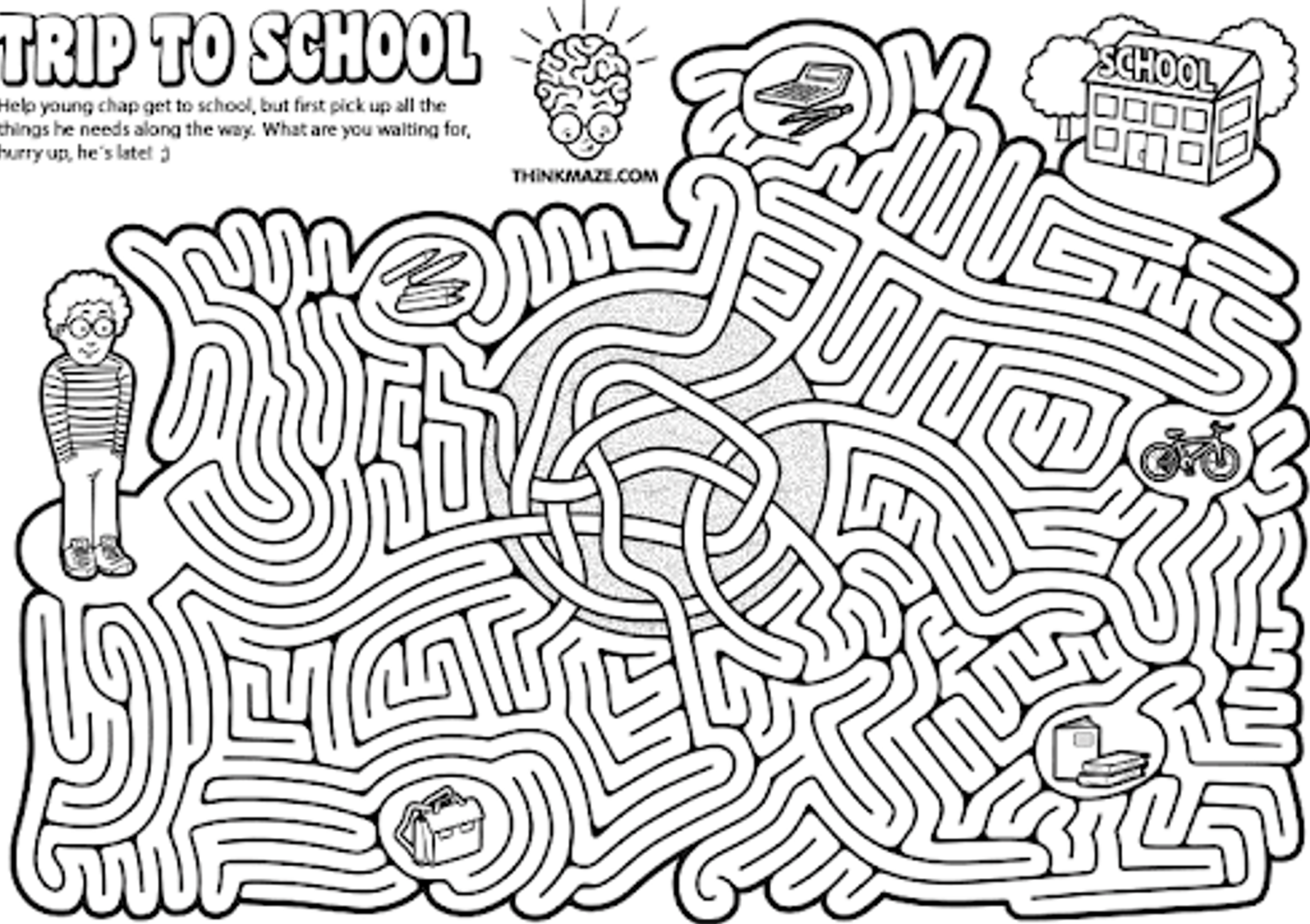
GUIDE CHARTWELL THE ADVENTURER THROUGH
THE CLIFF MAZE TO THE TREASURE CHEST BELOW.





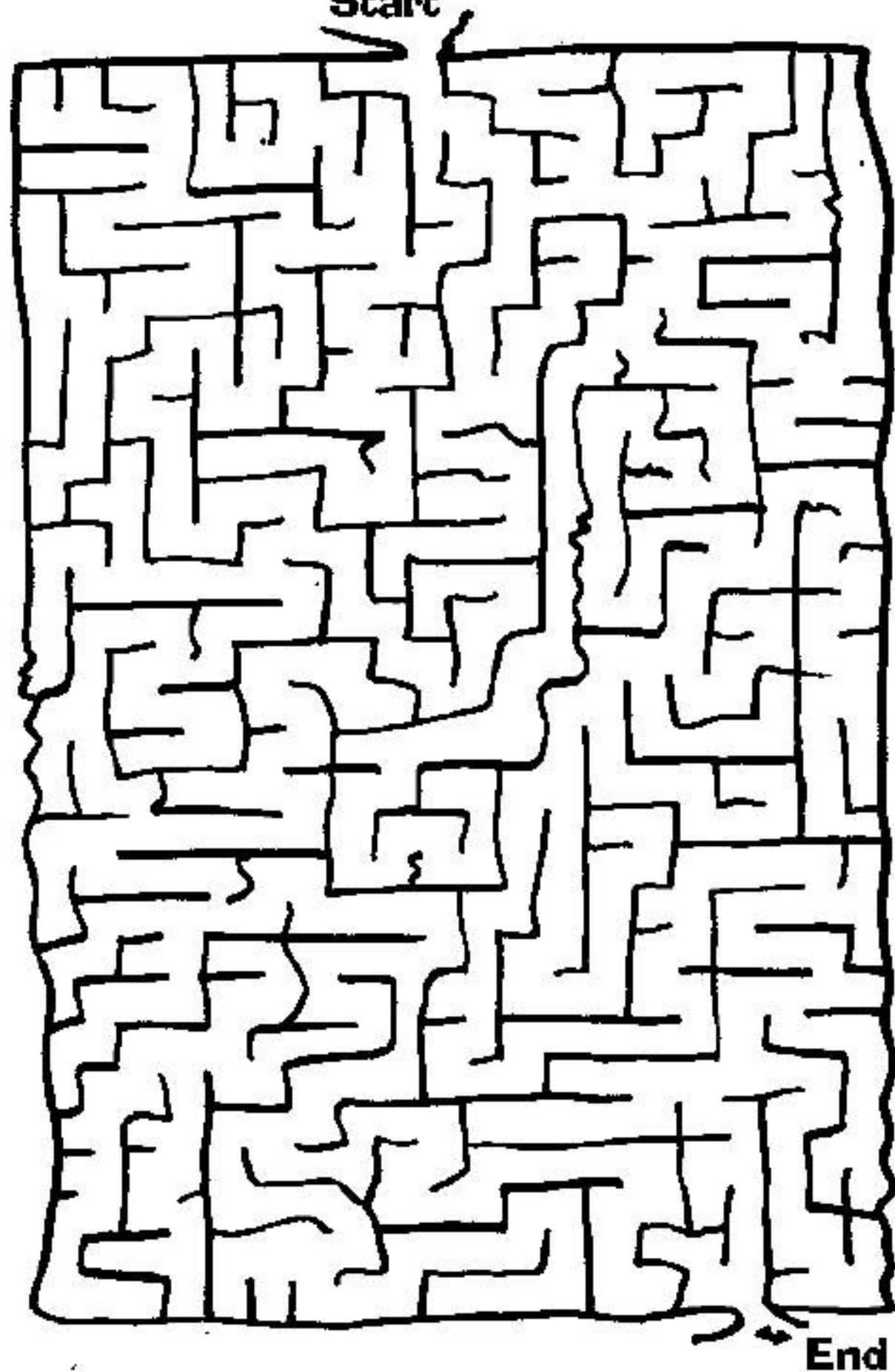
TRIP TO SCHOOL

Help young chap get to school, but first pick up all the things he needs along the way. What are you waiting for, hurry up, he's late! :)



This maze is hard ! Can you make it to the end?

Start



End

Mindful Walking

A mindful walk is an excellent way to clear your mind of clutter and restore your sense of focus. It is also a great excuse to get out into nature. Several studies have shown that taking a break to look at or be in nature can have a rejuvenating effect on the brain, helping to free up your mind when you feel stuck and boosting levels of attention.¹

Incorporate mindful walking into your daily life in as little as 5-10 minutes a day by using all of your senses — sight, hearing, smell, taste and touch — to bring awareness to your body and surroundings.

Here is how to do it:

- As you walk, notice how your body feels.
- Pay attention to how your legs, feet and arms feel with each step you take.
- Feel the contact of your foot as it touches the ground, and the movement of your body as you move into your next step.
- If you become lost in thought as you continue to walk, use the next step as an opportunity to start over.
- Now using your sense of sight, look around and try to notice every detail.
- Using your sense of smell, notice any aromas or scents.
- Are you able to notice any tastes as you walk? Can you taste the air?
- Now using your sense of touch, notice the solidity of the earth beneath your feet.
- With openness and curiosity, notice any sensations, thoughts or feelings that arise, without lingering on anything in particular.

You can mindfully walk anywhere—outside while walking to work or school, for example, or inside while walking through the grocery store. You might find it helpful to use a guided audio track to get started. Try this short, [5 minute mindful walking track](#) by Stop, Breathe & Think, or [download the app](#) to access mindful walking activities anytime, anywhere. Life is a journey. Enjoy a little peace of mind on the path toward your destination.

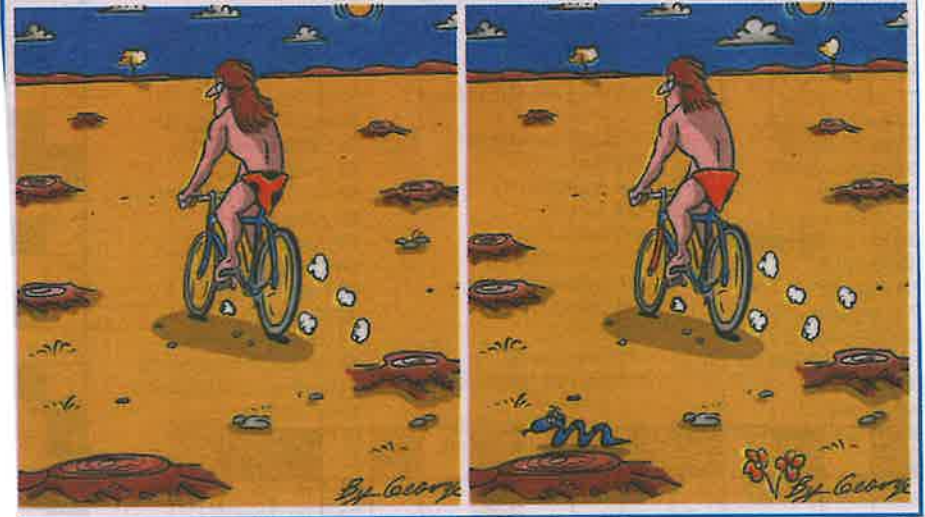
SPOT THE 10 DIFFERENCES

Why Zombies love Saturday night

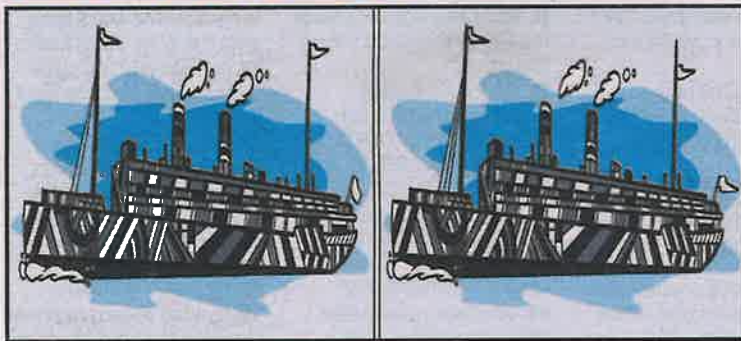


SPOT THE 10 DIFFERENCES

Tarzan in today's jungle



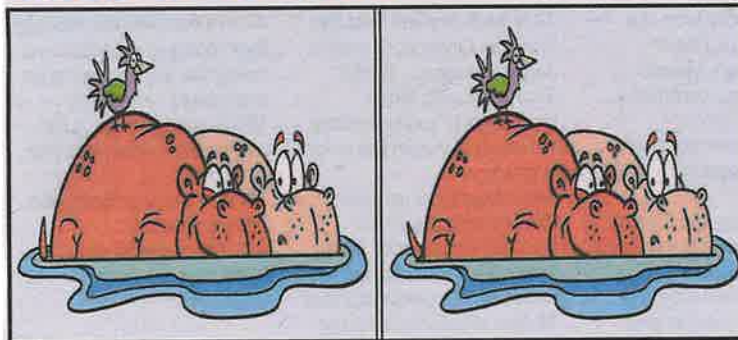
FIND THE FIVE DIFFERENCES



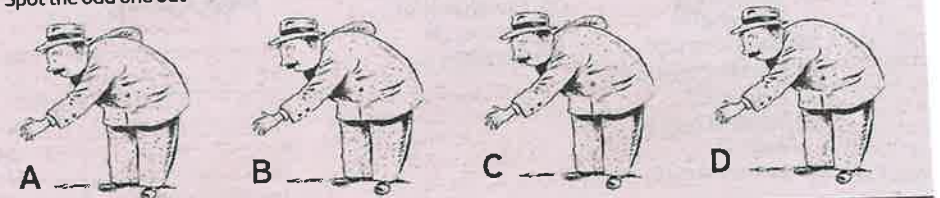
Spot the odd one out



FIND THE FIVE DIFFERENCES

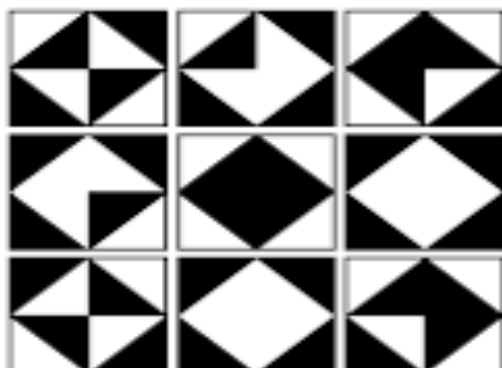
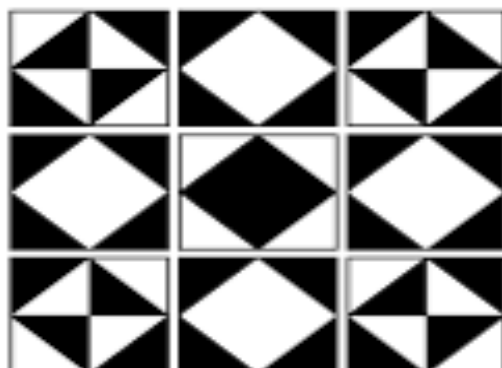


Spot the odd one out



Spot the Difference

Shoot the squares on the right that are different to those on the left.



Created by Peter Johnston



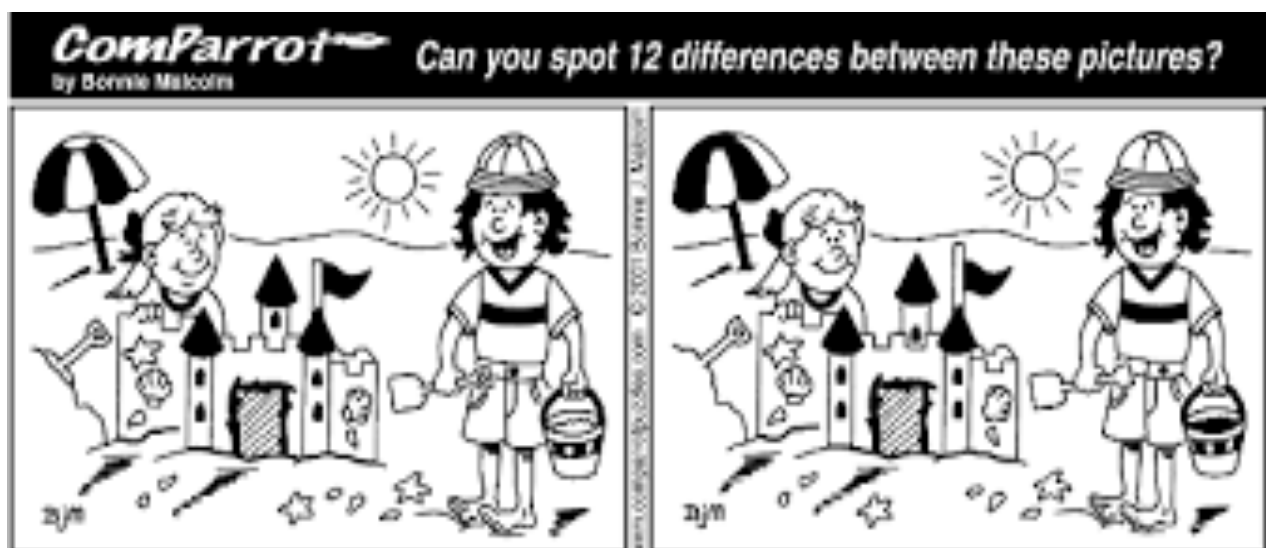
www.thefairyprint.com - 2023-24

Spot the Difference



How many differences can you spot?

© Jan Pieńkowski 2000



Soldier: 1. Sword handle removed. 2. Line on right shell removed. 3. Seam in boy's hat removed. 4. Umbrella top colored in. 5. Girl's shirt missing. 6. Girl's shoes changed. 7. Portion of girl's hair ribbon removed. 8. Line on right shell removed. 9. Seam in boy's hat removed. 10. Window in castle moved. 11. Starfish moved. 12. Flagpole longer.

There are
10 differences
to be found
in the Bee
pictures



Grounding Techniques

After a trauma, it's normal to experience flashbacks, anxiety, and other uncomfortable symptoms. **Grounding techniques** help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.

5-4-3-2-1 Technique

Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.



What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

Categories

Choose at least three of the categories below and name as many items as you can in each one. Spend a few minutes on each category to come up with as many items as possible.

Movies	Countries	Books	Cereals
Sports Teams	Colors	Cars	Fruits & Vegetables
Animals	Cities	TV Shows	Famous People

For a variation on this activity, try naming items in a category alphabetically. For example, for the fruits & vegetables category, say "apple, banana, carrot," and so on.

Grounding Techniques

Body Awareness

The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step.

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
4. Clench your hands into fists, then release the tension. Repeat this 10 times.
5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
6. Rub your palms together briskly. Notice and sound and the feeling of warmth.
7. Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
8. Take 5 more deep breaths and notice the feeling of calm in your body.

Mental Exercises

Use mental exercises to take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use at nearly any time or place. Experiment to see which work best for you.

- Name all the objects you see.
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favorite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and "draw" it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.

Mindfulness Meditation

The goal of **mindfulness meditation** is simple: to pay attention to the present moment, without judgement. However, as you practice, you'll find that this is easier said than done.

During mindfulness meditation, you will focus on your breathing as a tool to ground yourself in the present moment. It's normal that your mind will wander. You'll simply bring yourself back into the moment by refocusing on your breathing, again and again.

Follow the instructions below to begin practicing mindfulness meditation.

Time & Place



Aim to practice **daily** for **15-30 minutes**. More frequent, consistent, and longer-term practice leads to the best results. However, some practice is better than no practice.

Find a time and place where you are unlikely to be interrupted. Silence your phone and other devices, and set a timer for your desired practice length.

Posture



- ❖ Sit in a chair, or on the floor with a cushion for support.
- ❖ Straighten your back, but not to the point of stiffness.
- ❖ Let your chin drop slightly, and gaze downward at a point in front of you.
- ❖ If in a chair, place the soles of your feet on the ground. If on the floor, cross your legs.
- ❖ Let your arms fall naturally to your sides, with your palms resting on your thighs.
- ❖ If your pose becomes too uncomfortable, feel free to take a break or adjust.

Awareness of Breathing



Because the sensations of breathing are always present, they are useful as a tool to help you focus on the present moment. Whenever you become distracted during meditation, turn your focus back to breathing.

Notice the sensation of air as it passes through your nose or mouth, the rise and fall of your belly, and the feeling of air being exhaled, back into the world. Notice the sounds that accompany each inhalation and exhalation.

Wandering Mind



It's normal that your thoughts will wander during mindfulness meditation. At times, it might feel like a constant battle to maintain focus on your breathing. Don't worry—that's normal. Instead of struggling against your thoughts, simply notice them, without judgment. Acknowledge that your mind has wandered, and return your attention to breathing. Expect to repeat this process again and again.

Progressive Muscle Relaxation Script

Progressive muscle relaxation is an exercise that reduces stress and anxiety in your body by having you slowly tense and then relax each muscle. This exercise can provide an immediate feeling of relaxation, but it's best to practice frequently. With experience, you will become more aware of when you are experiencing tension and you will have the skills to help you relax. During this exercise, each muscle should be tensed, but not to the point of strain. If you have any injuries or pain, you can skip the affected areas. Pay special attention to the feeling of releasing tension in each muscle and the resulting feeling of relaxation. Let's begin.

Sit back or lie down in a comfortable position. Shut your eyes if you're comfortable doing so.

Begin by taking a deep breath and noticing the feeling of air filling your lungs. Hold your breath for a few seconds.

(brief pause)

Release the breath slowly and let the tension leave your body.

Take in another deep breath and hold it.

(brief pause)

Again, slowly release the air.

Even slower now, take another breath. Fill your lungs and hold the air.

(brief pause)

Slowly release the breath and imagine the feeling of tension leaving your body.

Now, move your attention to your feet. Begin to tense your feet by curling your toes and the arch of your foot. Hold onto the tension and notice what it feels like.

(5 second pause)

Release the tension in your foot. Notice the new feeling of relaxation.

Next, begin to focus on your lower leg. Tense the muscles in your calves. Hold them tightly and pay attention to the feeling of tension.

(5 second pause)

Release the tension from your lower legs. Again, notice the feeling of relaxation. Remember to continue taking deep breaths.

Next, tense the muscles of your upper leg and pelvis. You can do this by tightly squeezing your thighs together. Make sure you feel tenseness without going to the point of strain.

(5 second pause)

Progressive Muscle Relaxation Script

And release. Feel the tension leave your muscles.

Begin to tense your stomach and chest. You can do this by sucking your stomach in. Squeeze harder and hold the tension. A little bit longer.

(5 second pause)

Release the tension. Allow your body to go limp. Let yourself notice the feeling of relaxation.

Continue taking deep breaths. Breathe in slowly, noticing the air fill your lungs, and hold it.

(brief pause)

Release the air slowly. Feel it leaving your lungs.

Next, tense the muscles in your back by bringing your shoulders together behind you. Hold them tightly. Tense them as hard as you can without straining and keep holding.

(5 second pause)

Release the tension from your back. Feel the tension slowly leaving your body, and the new feeling of relaxation. Notice how different your body feels when you allow it to relax.

Tense your arms all the way from your hands to your shoulders. Make a fist and squeeze all the way up your arm. Hold it.

(5 second pause)

Release the tension from your arms and shoulders. Notice the feeling of relaxation in your fingers, hands, arms, and shoulders. Notice how your arms feel limp and at ease.

Move up to your neck and your head. Tense your face and your neck by distorting the muscles around your eyes and mouth.

(5 second pause)

Release the tension. Again, notice the new feeling of relaxation.

Finally, tense your entire body. Tense your feet, legs, stomach, chest, arms, head, and neck. Tense harder, without straining. Hold the tension.

(5 second pause)

Now release. Allow your whole body to go limp. Pay attention to the feeling of relaxation, and how different it is from the feeling of tension.

Begin to wake your body up by slowly moving your muscles. Adjust your arms and legs.

Stretch your muscles and open your eyes when you're ready.

What is Mindfulness?

Mindfulness: a state of nonjudgmental awareness of what's happening in the present moment, including the awareness of one's own thoughts, feelings, and senses.

Components of Mindfulness

Awareness. During a state of mindfulness, you will notice your thoughts, feelings, and physical sensations as they happen. The goal isn't to clear your mind or to stop thinking—it's to become aware of your thoughts and feelings, rather than getting lost in them.

Acceptance. The thoughts, feelings, and sensations that you notice should be observed in a nonjudgmental manner. For example, if you notice a feeling of nervousness, simply state to yourself: "I notice that I am feeling nervous". There's no need further judge or change the feeling.

Benefits of Mindfulness

Reduced symptoms of depression and anxiety

Improved memory, focus, and mental processing speed

Improved ability to adapt to stressful situations

Greater satisfaction within relationships

Reduced rumination (repetitively going over a thought or problem)

Improved ability to manage emotions

Mindfulness Practice

Note: Mindfulness is a state of mind, rather than a particular action or exercise. However, without practice, mindfulness is difficult to achieve. These techniques are designed to help you practice.

Mindfulness Meditation

Sit in a comfortable place, and begin paying attention to your breathing. Notice the physical sensation of air filling your lungs, and then slowly leaving. When your mind wanders—which it will—simply notice your thoughts, and turn your attention back to breathing.

Mindfulness Walk

While walking, make a point to practice mindfulness. Start by noticing how your body moves and feels with each step. Then, expand your awareness to your surroundings. What do you see? Hear? Smell? Feel? This technique can also be expanded to other daily activities.

Body Scan

Pay close attention to the physical sensations throughout your body. Start with your feet, and move up through your legs, groin, abdomen, chest, back, shoulders, arms, hands, neck, and face. Spend anywhere from 15 seconds to 1 minute on each body part.

Five Senses

Make a conscious effort to notice the present moment through each of your senses.

- 5 things you see
- 4 things you feel
- 3 things you hear
- 1 thing you taste
- 1 thing you smell

30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1

You were hired by an amusement park to create a new roller coaster.

Day 2

NASA needs you to build a new rocket.

Day 3

Your parents want to build a new home and they want you to build it.

Day 4

Hollywood hires you to build a movie set for a new Star Wars movie.

Day 5

You enter a contest to build the world's tallest tower. Will you win?

Day 6

You are stuck on Mars and need to build a new ship to get home.

Day 7

Ford hires you to create the toughest pick up truck in the world.

Day 8

You and 4 friends are stranded on an island. Build a boat to find a way home.

Day 9

Captain Hook needs a new pirate ship and wants you to build it.

Day 10

You and your friends decide to build a tree house.

Day 11

Prince Charming hires you to build a castle for him & Cinderella.

Day 12

Dr. Who hires you to build a new TARDIS.

Day 13

You are asked by the President to build a new monument to George Washington.

Day 14

Mr. Hilton hires you to build a new hotel.

Day 15

There is a circus in town. Build a place for the performance.

Day 16

Help your fellow pioneers build a wagon to make it across the country.

Day 17

Build the fastest car around and join the big car race.

Day 18

Do you wanna build a snowman? Get in the winter mood and build a snow scene.

Day 19

The city wants you to build a bridge to connect one side of the town to the other.

Day 20

Pizza party! It is up to you to make a pizza for all the guests.

Day 21

You are hired to build a brand new hospital.

Day 22

The fence is broke and the dog keeps escaping. Build one he can't get out of.

Day 23

You are now in medieval times. You are commissioned to build a jousting arena.

Day 24

The local bank keeps getting robbed. Build a safe no one can crack.

Day 25

Design and build your dream bedroom.

Day 26

You are elected ruler. Build a flag for your land.

Day 27

Aliens are invading and you need to build a war robot to defeat them.

Day 28

The aliens have taken over. They are impressed by your robot. They want you build one for them.

Day 29

You are hired to build a house entirely out of yellow Legos.

Day 30

There is blizzard. You will need to build a snowmobile



What was your favorite day?

Sleep Hygiene

› **Set a schedule.**

Establish a regular sleep schedule every day of the week. Don't sleep in more than an hour, even on your days off.

› **Don't force yourself to sleep.**

If you haven't fallen asleep after 20 minutes, get up and do something calming. Read a book, draw, or write in a journal. Avoid computer, TV, and phone screens, or anything else that's stimulating and could lead to becoming *more* awake.

› **Avoid caffeine, alcohol, and nicotine.**

Consuming caffeine, alcohol, and nicotine can affect your ability to fall asleep and the quality of your sleep, even if they're used earlier in the day. Remember, caffeine can stay in your body for up to 12 hours, and even decaf coffee has *some* caffeine!

› **Avoid napping.**

Napping during the day will make sleep more difficult at night. Naps that are over an hour long, or those that are later in the day, are especially harmful to sleep hygiene.

› **Use your bed only for sleep.**

If your body learns to associate your bed with sleep, you'll start to feel tired as soon as you lie down. Using your phone, watching TV, or doing other waking activities in bed can have the opposite effect, causing you to become more alert.

› **Exercise and eat well.**

A healthy diet and exercise can lead to better sleep. However, avoid strenuous exercise and big meals for 2 hours before going to bed.

› **Sleep in a comfortable environment.**

It's important to sleep in an area that's adequately quiet, comfortable, and dark. Try using an eye mask, ear plugs, fans, or white noise if necessary.

Sleep Diary: Morning

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of the week:						
I went to bed at:						
AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
I woke up at:						
AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
Last night, I slept for ___ hours:						
Last night, it took me about ___ minutes to fall asleep:						
I felt that the quality of my sleep was:						
e.g. very good, good, bad, very bad						
This morning, I feel:						
e.g. refreshed, tired, groggy, alert						
My sleep was made more difficult by:						
e.g. temperature, noise, dreams, thoughts, not feeling tired, discomfort						
During the night, I woke up ___ times:						

Sleep Diary: Night

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I took a nap:						
yes / no	yes / no	yes / no	yes / no	yes / no	yes / no	yes / no
I had caffeine:						
# of drinks	# of drinks	# of drinks	# of drinks	# of drinks	# of drinks	# of drinks
<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning
<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon
<input type="checkbox"/> Evening	<input type="checkbox"/> Evening	<input type="checkbox"/> Evening	<input type="checkbox"/> Evening	<input type="checkbox"/> Evening	<input type="checkbox"/> Evening	<input type="checkbox"/> Evening
I exercised for ____ minutes:						
Medications or drugs I used today:						
Throughout the day, I felt drowsy:						
<input type="checkbox"/> Never	<input type="checkbox"/> Never	<input type="checkbox"/> Never	<input type="checkbox"/> Never	<input type="checkbox"/> Never	<input type="checkbox"/> Never	<input type="checkbox"/> Never
<input type="checkbox"/> Sometimes	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Sometimes
<input type="checkbox"/> Very Often	<input type="checkbox"/> Very Often	<input type="checkbox"/> Very Often	<input type="checkbox"/> Very Often	<input type="checkbox"/> Very Often	<input type="checkbox"/> Very Often	<input type="checkbox"/> Very Often
Overall, my mood today was: e.g. positive, negative, neutral						
In the hour before bed, my activities included: e.g. reading, computer, TV, showering, phone, eating, spending time with partner						



Wellbeing Art Activity.

Go for a walk and along the way, pick 3-5 stones, rocks or pebbles that you like.

Using acrylic paint, pens or textas draw an image on it, or a message of kindness. Place your name on the back. When you go for a walk again, place it somewhere that you think someone may encounter it, or give the rock to someone in your house.

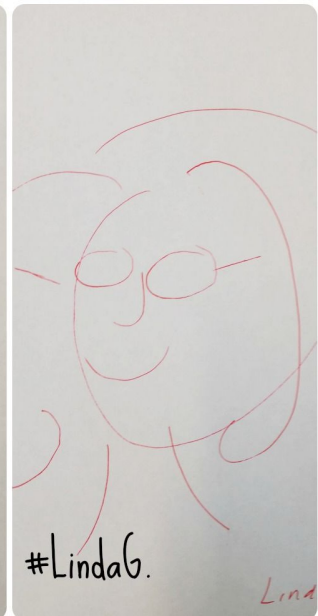
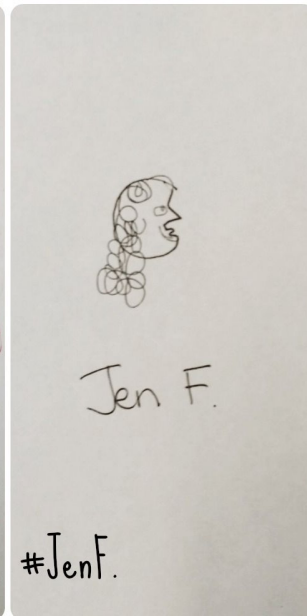
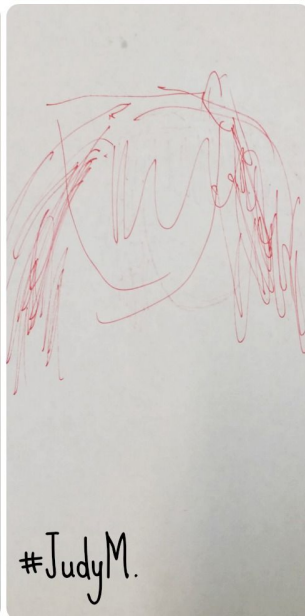
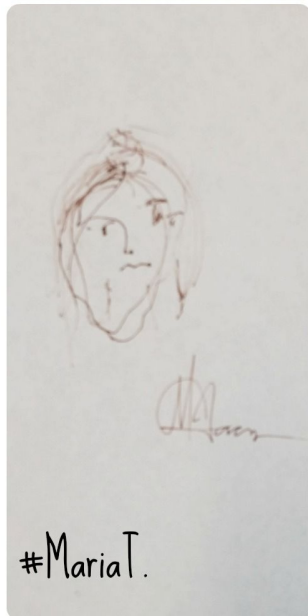
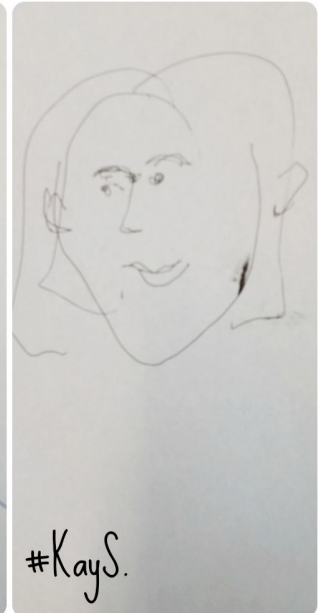
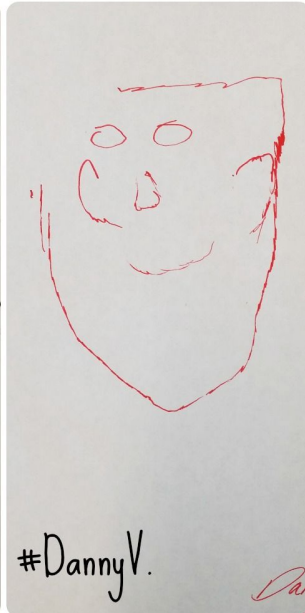
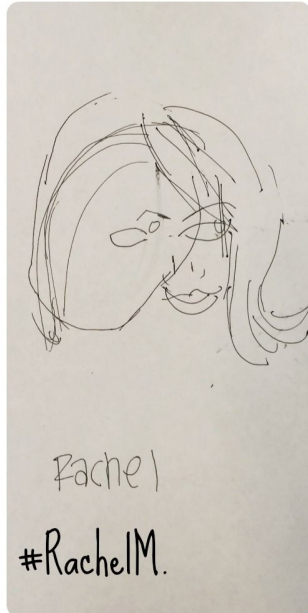
If you really enjoy this, you can look at the thekindnessproject.com website for more ideas. There is a global movement of people who are participating in this.



Wellbeing Art Activity

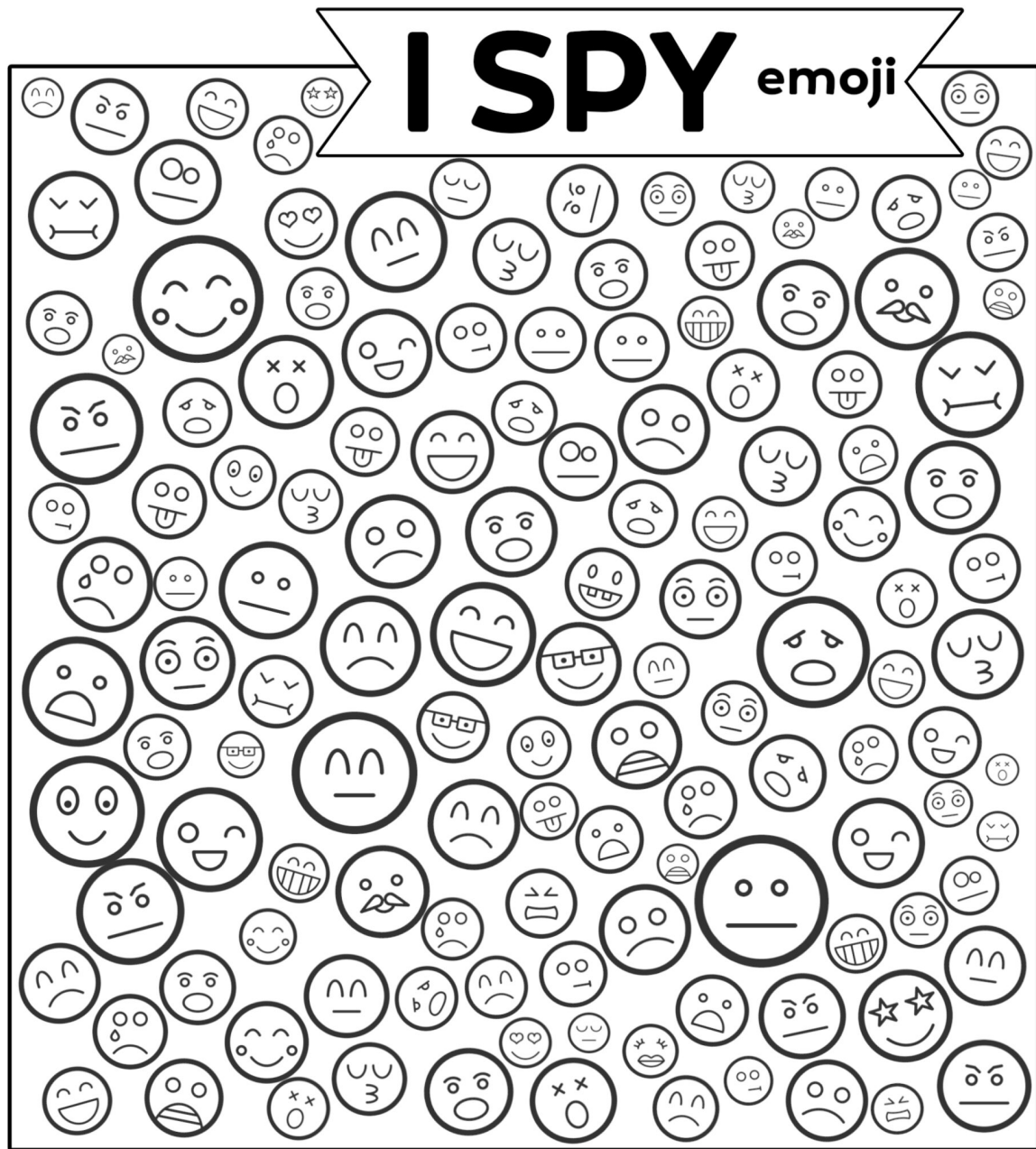
You will need a piece of white paper, and a pen/pencil for this activity and a mirror.

Place a mirror in front of you. Without looking down, try and draw an image of yourself.



Wellbeing Activity:

Below are a mixture of I-Spy images, where you have to find particular objects within the images.



2	😊	4	😬	4	😄	2	🙄	4	😁	5	😌	7	😐	4	😇	6	🙊	5	😏
1	😁	6	😬	7	😐	1	😘	3	😄	6	😐	7	😐	4	🙄	7	😬	4	😐
3	🙄	2	😌	4	😐	6	😌	2	😄	7	😁	3	😐	9	😐	6	😌	3	😐

Harry Potter



**coronavirus
COVID-19**



Wellbeing Art Activity

Create your own I-Spy, by taking a photo of found objects or drawing your own version of one. Give it to another person to try and find your hidden objects.

Wellbeing Art Activity

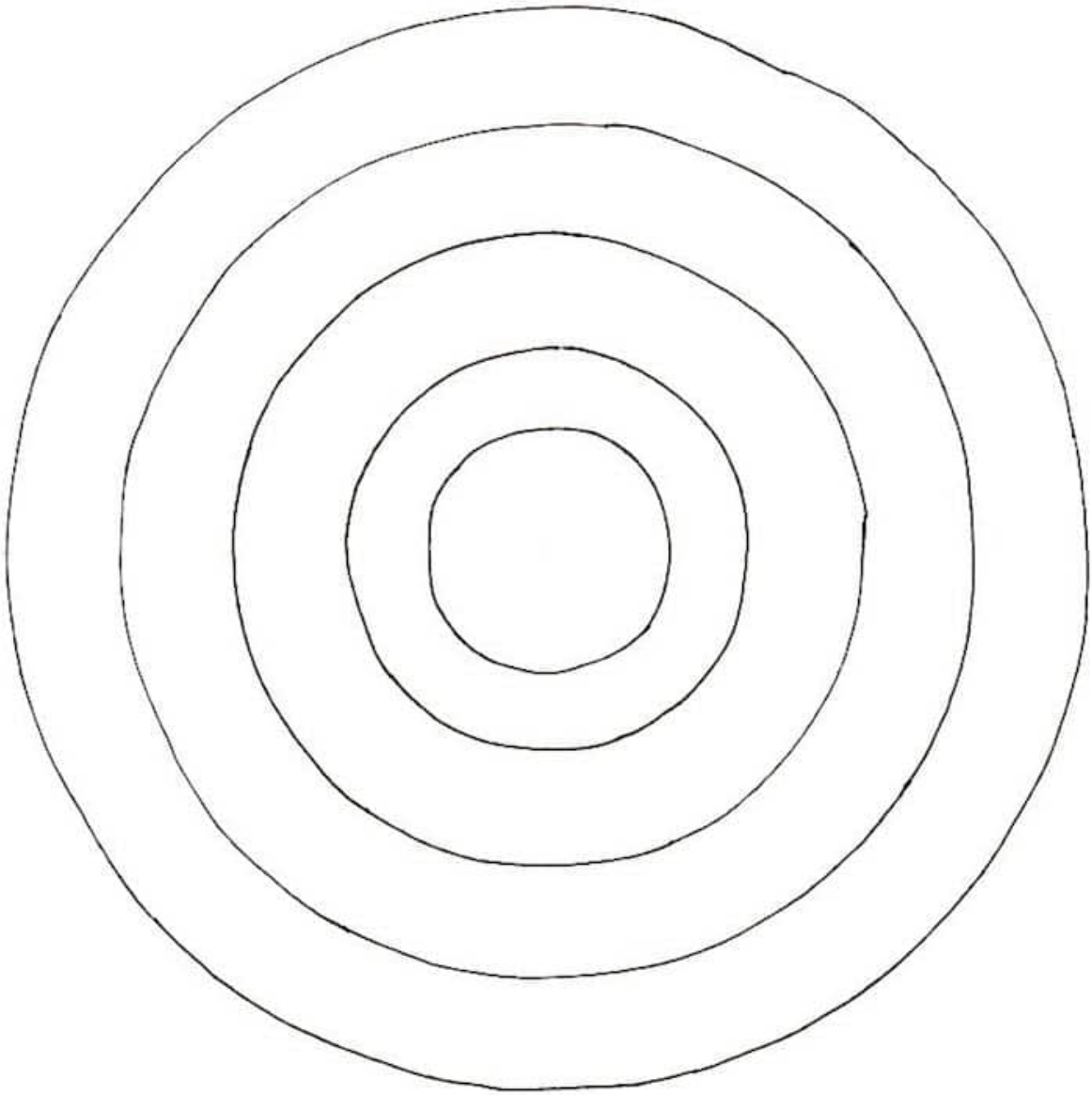
Zentangle drawing is a drawing that works slowly from starting with one pattern, and by adding the same pattern, but in different areas, it develops into a bigger pattern.

Take a piece of paper, and a pen or pencil. Copy the process as below, starting from the left, to the right.

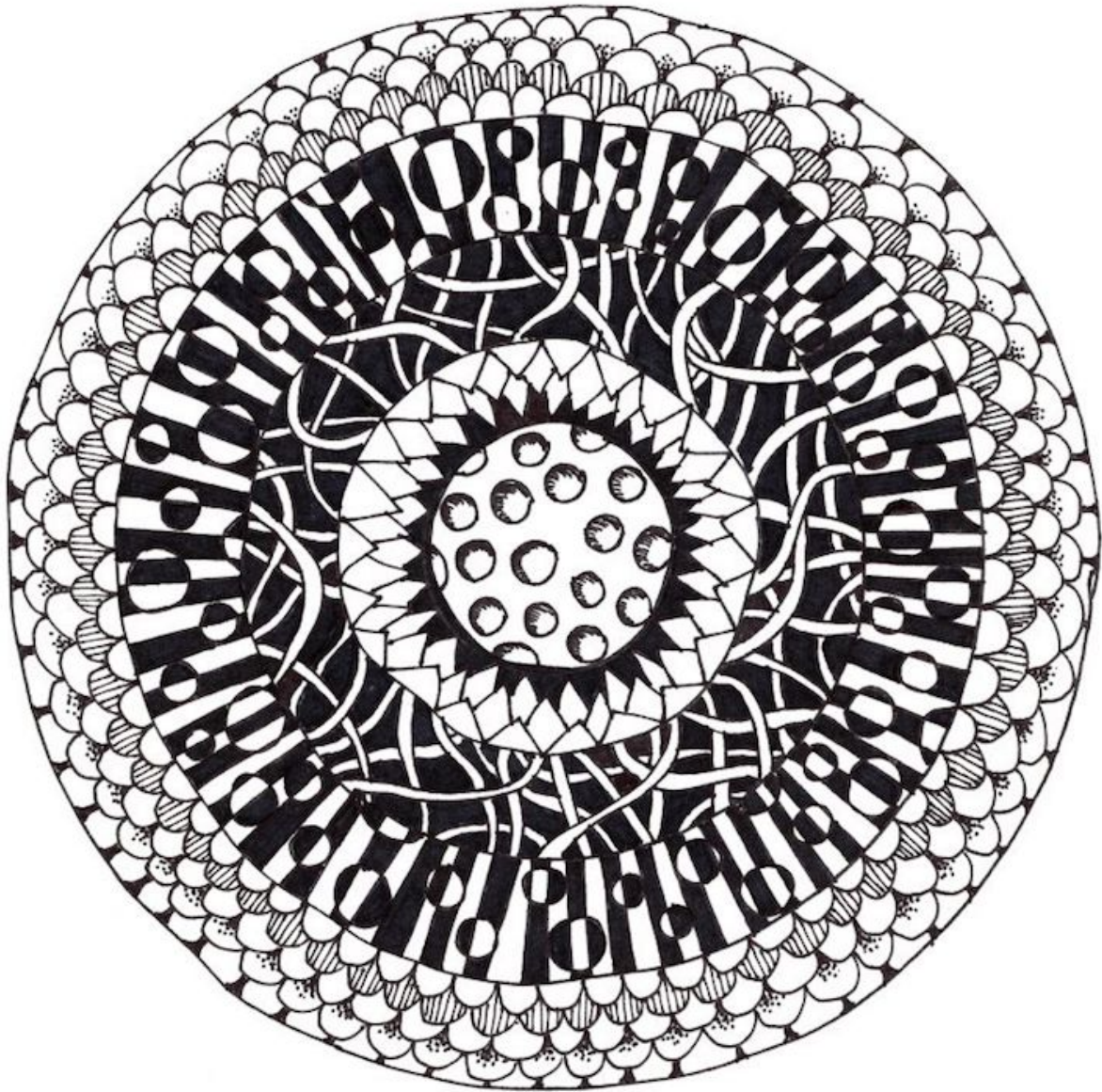


Wellbeing Art Activity

Here's another Zentangle to have another go at. Draw on paper a circle, or use the one below as a template.



In each section of the circle, create a different pattern. You can choose whatever pattern you like.



Wellbeing Art Activity:

Track your moods on a daily basis, by creating your own representation of a mood tracker.

There are many ways that you may want to represent this. Below is an example:

