

# Looking after your mental health and wellbeing



Socialise - *connect*



Move - *get active*



Interest - *take notice*



Learn - *keep learning*



Engage - *give to others*



# Socialise (Connect)

- Take turns to ask each other some ‘Would you rather?’ questions.
- Share a story or film
- Phone a friend or relative
- Face time or video call a friend or relative
- Write a letter
- Play a board game
- Make a treasure hunt around the house with clues
- Make a den
- Play eye spy
- Learn some more Makaton signs
- Bake together as a family



# Move (Get active)



- How many 'Keepy Uppies' can you do in a minute?
- Practise striking a 'Super-Hero Pose.'
- Do 3 sets of 10 squats with a short rest in between.
- If you have a garden play tig or inside hide & seek
- Walk the dog
- Try yoga, cosmic kids <https://www.youtube.com/watch?v=ho9uttOZdOQ>
- Dance moves can be very energetic, go Noodle is fun for children <https://www.gonoodle.com/>



# Interest (Take notice)

- **Mindful Eating**

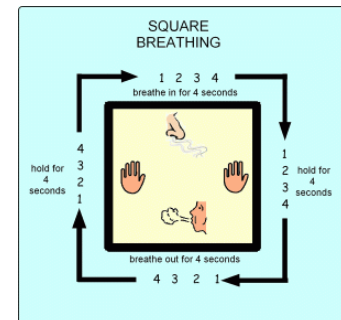


Pick up a small piece of food, such a raisin, popcorn, fudge...any food you like. Begin by exploring this piece of food, using as many of your senses as possible. Enjoy the sensations and movements of chewing, tasting the flavours of the food. Just pay attention, moment by moment.

- **STOP and Listen:** what can I hear; really examine each sound.
- **Feed the birds** watching nature can help to stay in the moment
- **Grow some flowers or vegetables from seed** seeing the wonder of nature can help
- **Blow bubbles**
- **Try Mindful meditation** to focus your attention, here is a good clip from MISIP

<https://www.youtube.com/watch?v=LgXZW6Xqokw>

- **Try square breathing to calm anxieties and stress**
- **Try +2 breathing** (count as you breathe in then breathe out for the same+2)





# Learn (Keep learning)

Try something new

Read a book

Watch a documentary

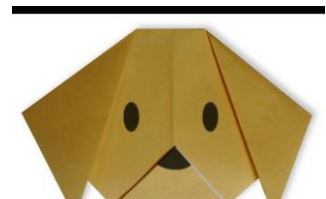
Learn a new dance

Learn how to cook something different

Make play dough

Try a new craft e.g. sewing, knitting, origami

Sign up for an online course





# Engage (Give to others)

- Think about a time when you have received or performed an act of kindness recently...discuss how it made you feel?
- Say thank you
- SMILE at others
- Write an email to a past teacher or colleague to say how much you appreciated them
- Leave a thank you note for someone who helps you
- Send a postcard to an elderly neighbour
- Contribute to a food bank
- Sort out old clothes to give to charity