

# ELMVALE PRIMARY SCHOOL WELLBEING MENU

Rise to the challenge by using this wellbeing menu to choose a fun and relaxing activity each day, which will help keep you mindful and healthy. Don't forget all staff are here to help, If you have any questions or concerns then please let us know. You can contact us through class dojo



## Mindfulness Scavenger hunt

Feeling grateful can help us to feel good. Can you find...

- Something that makes you feel happy
- One thing that you love to smell
- Find something that makes you feel safe
- Find a place that you love
- Find somewhere or something that makes you feel calm
- Find something in nature that you like to look at
- Find something useful

## Make a glitter jar

Make a glitter jar and use your finished glitter jar to practice mindfulness.

Instead of using glitter you could use pieces of Lego, food coloring and oil. For more ideas and mindfulness glitter jar

info go to:

<https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/>



## Breathing techniques

Deep breathing exercises can be an excellent stress management technique for children and can be done in so many fun ways: blowing bubbles, blowing pinwheels, pom pom races to name a few. To find out more information and fun ways to encourage breathing techniques please visit:

<https://www.yourtherapysource.com/blog/2019/03/25/breathing-exercises-for-kids-that-are-fun-2/>  
six benefits of controlled breathing:

1. Decreases stress.
2. Reduces anxiety.
3. Strengthens sustained attention.
4. Sharpens the ability to focus and learn.
5. Slows the heart rate.
6. Lowers blood pressure.

## TENSE AND RELEASE MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



Play reduces children's stress,  
supports imagination and  
creativity and is something  
children can own

<https://www.gonoodle.com/>



<https://family.gonoodle.com>

Be mindful, sing, dance or meditate on GoNoodle. I would recommend checking out the following channels:



Flow



Think about it



Zumba Kids



Koo Koo Kanga Roo



Subscribe to Cosmic Kids  
Yoga Channel - What will  
you try?



Will choose a yoga adventure - a story told through yoga poses? Perhaps you will get active with Harry Potter yoga or Moana, Frozen, Star Wars or Trolls?!



Will you take part in a Zen Den activity, where you can get some calm in your day? Here, you can learn about your feelings, practise breathing techniques to reduce stress and become a happier more present human being.



Will you play a fun and exciting game of Super Yoga where you have to do yoga poses to earn points and complete the game.

<https://www.youtube.com/user/CosmicKidsYoga>



Complete a finger breathing exercise. Calmly breathe in and out, as you trace up and down your fingers.



Create a gratitude jar. Each day, write something you are grateful for and pop it in the jar!



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

Why not try some of the suggested “five ways to wellbeing” tasks below. You can find more activities by joining in with the wellbeing challenge 2020.

<http://content.delivra.com/etapcontent/TheCharlieWallerMemorialTrust/attachments/PRIMARY%20Wellbeing%20challenge%20pack%202020.pdf>

Connect	Be active	Take notice	Keep learning	Give
Create your close family tree. Why not make it into a poster and make it look pretty	Put on your favourite music and dance for 10 minutes.	Look up to the sky and find funny shapes in the clouds.	Design and make your own board game and play it with your family	Give your time and ask someone how you can help them today
Think about someone who might be lonely at this time and send happy mail to cheer them up. This could be a picture, a poem, a letter etc. and can either be sent in the post, emailed or posted on social media for them to see.	Take on the ‘Stair Climb Challenge’ and see if you can climb the equivalent height of a building or hill. You could make a family scoreboard. If you don’t have stairs you could measure out a distance instead	Stop for a few minutes and really concentrate on listening to the birds sing (download a British birdsong app to help you identify the different calls).	Discover a really long word and find out what it means. Why not try and get it into a conversation!	Draw a thank you picture for your bin collection team and put it on your bin when it is time for them to be collected.