

It is important to be in a happy space, filled with things we enjoy

- Find somewhere in your house that makes you feel safe and happy and do a calming activity
- Design and build a den
- Clean up your room to give yourself space to relax or play



It is important to find ways to relax, especially when we feel our emotions getting too big

- Try making a lava lamp for your room - <https://www.sciencefun.org/kidszone/experiments/lava-lamp/>
- Create a relaxing sand tray
- Do some yoga https://www.youtube.com/channel/UC5u1Z2K0Z7e0D0e_Gu_nbQ
- Colour in some pictures or do some drawing
- Practice your mindful breathing to some relaxing music <https://www.youtube.com/watch?v=...>
- Read a book

Being creative a good way to calm down and look after your mind

- Do some artwork
- Write a story
- Write a poem
- Perform a play



Moving your body is super important when your feelings get too big. Moving your body or going outside can help clear your mind.

- Do a silly dance
- Go for a walk
- Play outside
- Do something to help the environment e.g. make a bird feeder, plant something
- Play some sports



Feel Good Friday Grid

We know the importance of eating healthy food for our bodies, but did you know it is important for our mind too? We have to give our mind the right foods to keep it working at it's best!

- Eat some healthy snacks
- Help to cook dinner
- Bake something yummy



Spending time with people you love can make big feelings much much smaller

- Play some board games
- Play a game with your siblings
- Do a team game with someone at home
- Create and Host a quiz!



Sometimes the people around us need a little bit of help to take care of their minds. What can you do to help them?

- Do some chores around the house
- Help with gardening
- Give someone a compliment to cheer them up
- Help to look after pets
- Write a kind letter to someone

HELPFUL



Can you think of another way to take care of your mind...?