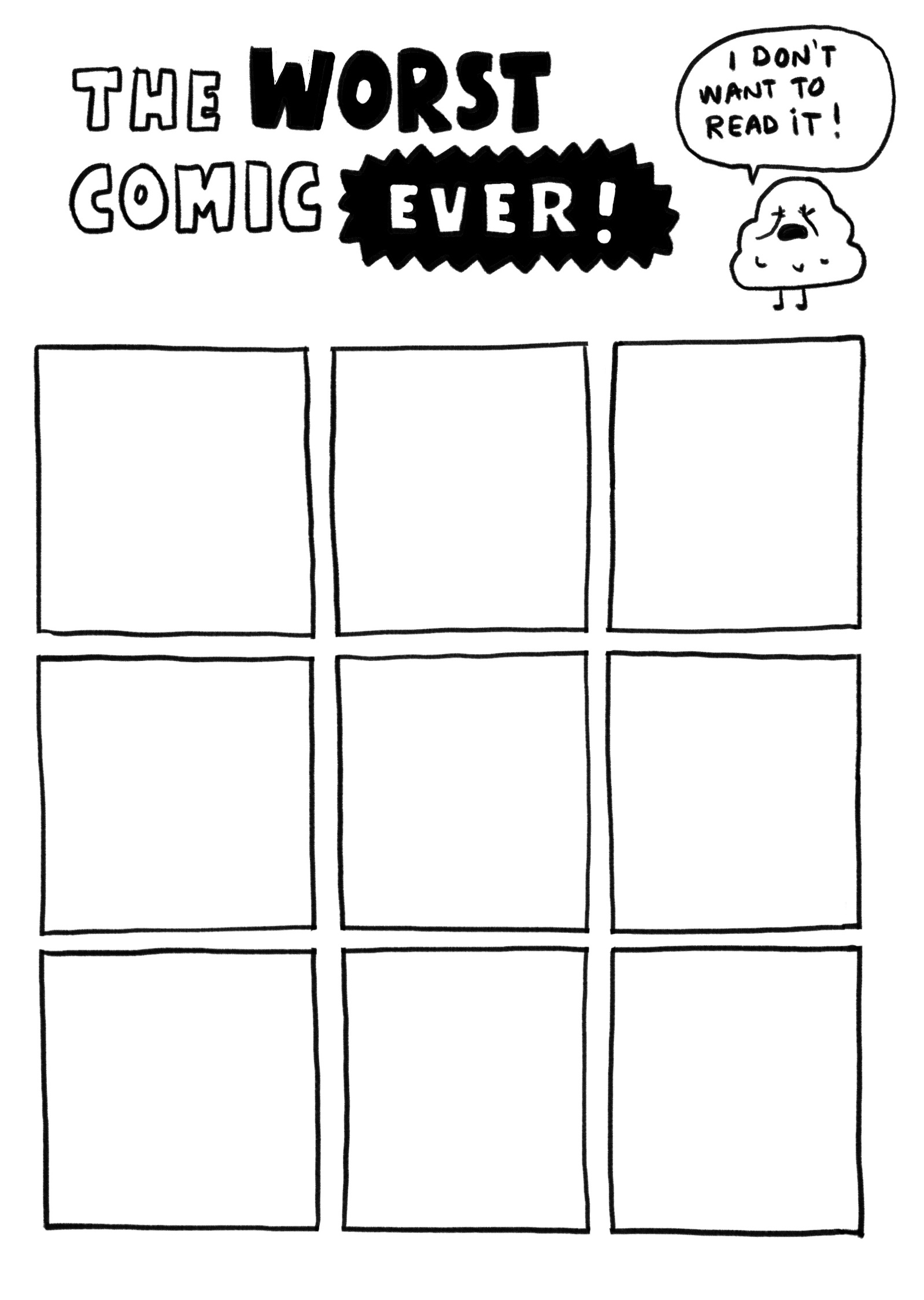
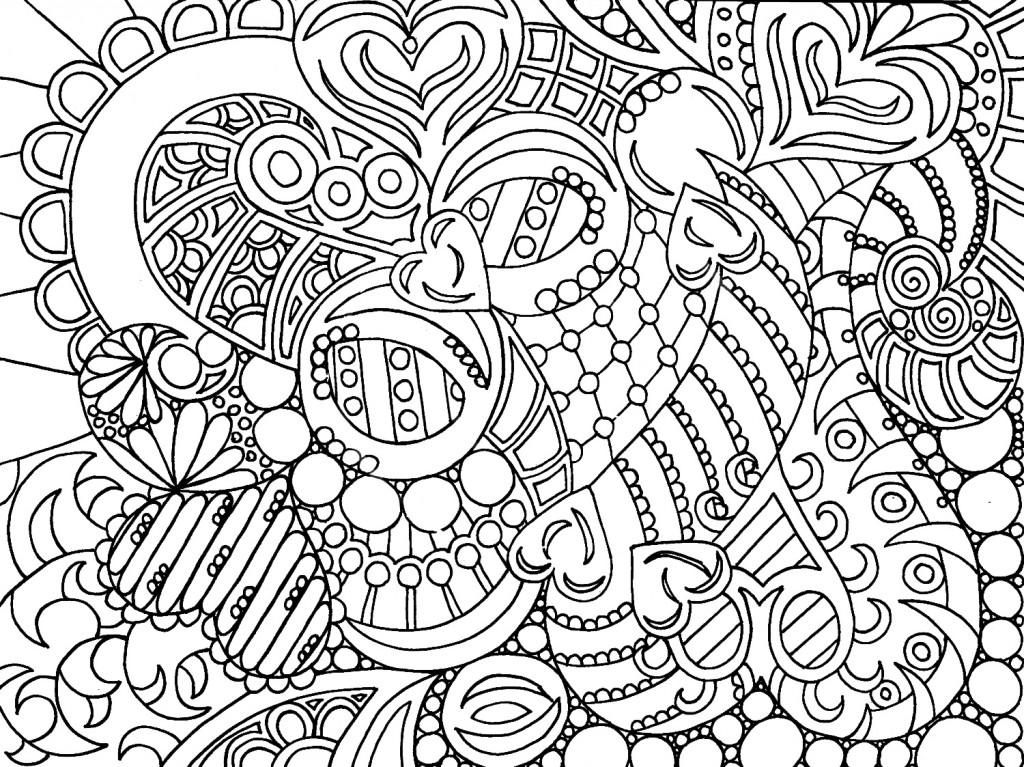
Here are some wellbeing ideas for you to try at home.

Try to complete one activity per day. ☺

|  |  |
| --- | --- |
| WELLBEING ACTIVITIES | Did you like this activity? |
| Breathe: in through your nose for a count of 4 and out your mouth for a count of four. Repeat this several times throughout the day, particularly if you feel anxious or cross. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Create a free account on the Smiling Mind app.  [Image result for smiling mind app](https://www.bing.com/images/search?view=detailV2&ccid=1MflO2iI&id=49AF55C29D375B82EC03AAD878D7A8959C411B4C&thid=OIP.1MflO2iI3zyurg4O0ykeDAHaHa&mediaurl=https%3a%2f%2fau.reachout.com%2f-%2fmedia%2fgathercontent%2ftoolboximport%2fsmiling-mind-logo.png%3fh%3d512%26la%3den%26w%3d512%26hash%3d12A88763DDEBDF4C9794009360D8678B9316D938&exph=512&expw=512&q=smiling+mind+app&simid=608055755338285439&selectedIndex=0&adlt=strict)This is a free Mindfulness App with a range of meditations and relaxation tracks for all ages from young children to adults. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Think about all the people and things that you have around you that are important to you and keep you safe. Talk about or draw them. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Write down 3 things each day that you are grateful for. It can be people, things and experiences – anything! | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Can you create faces which show some different emotions? Look in a mirror how many different faces can you pull? | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Use Google Earth to look up the following landmarks: Big Ben, The Eiffel Tower, The Leaning Tower of Pisa and The Statue of Liberty. What else can you find? Did you know that you can also explore under the sea and on the moon?! Write down 3 cool things you have found. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| It is important to get fresh air, especially if you are feeling a little under the weather. Try the 5-4-3-2-1 grounding exercise when you are outdoors. Working backwards, find 5 things you can hear, 4 things you can see, 3 things you can touch from where you are sitting or standing, 2 things you can smell and one thing you can taste. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Listen: Put on your favourite piece of music and listen. What instruments can you hear? How does the music make you feel? Where in your body can you feel it? | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Dance: Put on the radio and dance to the songs, play ‘Just Dance’ together on YouTube, create a ‘happy songs’ playlist. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Sing! Learn the lyrics to your favourite song. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Write down 7 things you can do to distract yourself when you become frustrated or angry. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| [calm-down-box-06](https://cdn.newsapi.com.au/image/v1/0207be8635261fb523d57364e289416c)Make a calm down box. It’s a nifty little way to help children handle big emotions.  Possible items to add:   * colouring book and pens * stress ball * bubbles * skipping rope * playdoh | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Use <https://www.cosmickids.com/> to do some fun Yoga exercises. It is important to try and do some exercise while you are at home to keep your body and mind healthy ☺ | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Find a safe, quiet space and read a book. Use what you can to make your space comfortable. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Read: share a story, talk about your favourite page, talk about the characters in the story | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Listen to an audio book. There are several websites where you can access these for free: Librivox / Spotify (can be used on a free account) / Storyline Online. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Ask the adults at home how you can help. Everyone needs to work as a team at times like this, and they will appreciate your help. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Draw a ‘Circle of Control’ when you are feeling worried about something. Be realistic about the things you can and can’t control. I.e. You CAN’T prevent the coronavirus, but you CAN wash your hands and keep them out of your mouth and away from your face to keep yourself and your family as protected as possible. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Find a mirror and look closely at yourself. Make a list of all the things you are good at and the things that you like about yourself. What things make you special and valuable? | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Imagine you have to pack all the important things in your life at the moment. Spend some time being mindful of the people, places, things and thoughts that are the most important. Talk someone through what you have chosen and explain why. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Do a bodyscan. Use the following link to talk you through how to do it: <https://soundcloud.com/mindfulmagazine/body-scan-meditation-for-kids> | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Use the ‘WOW’ sheet. Write or doodle in and around the bubble letters, the things that amaze you! It can be nature, a person, an experience or an item. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Learn to draw. There are lots of drawing tutorial videos on YouTube.  https://i.ytimg.com/vi/QKlj0bVxTtA/hqdefault.jpg?sqp=-oaymwEjCNACELwBSFryq4qpAxUIARUAAAAAGAElAADIQj0AgKJDeAE=&rs=AOn4CLDqnK6Xap5iDIUfFeJkS3rt694lqg https://i.ytimg.com/vi/FGtoGVFNtUw/hqdefault.jpg?sqp=-oaymwEjCNACELwBSFryq4qpAxUIARUAAAAAGAElAADIQj0AgKJDeAE=&rs=AOn4CLBY45ZzVBPrOmwLZZFHABQanDoppA | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Use <http://www.hellokids.com/r_12/drawing-for-kids> to help you complete a drawing of your choice. Listen carefully to the instructions and complete the drawing to the best of your ability. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Drawing meditation: Choose an object, look at it very carefully for 60 seconds. Place the item under a cloth and see how well you can draw the item from memory! Do not worry if it isn’t very accurate, just try again with something else! | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Go for a mindful walk. It is best to do this outdoors and so you might need to go with a parent or carer. Walk as slowly as you can for one minute. What things do you have time to notice now? | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Each day listen to an inspirational talk! Which was your favourite? How did it change your thinking? <https://www.lifehack.org/785441/inspiring-ted-talks-for-kids> | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Lay down and close your eyes. Listen to some Disney piano music. Try to to activity 1 at the same time. How does it make you feel? <https://www.youtube.com/watch?v=5DiMoehAeOU> | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Listen to a mindfulness story called magic bubbles using this link: <https://www.youtube.com/watch?v=SPpTqqHVRKQ> | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Use the ‘Smudges and Splatters’ and turn them into pictures! | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Showing kindness to others is proven to help YOU feel better too! Can you think of something kind you can do for someone else in your home? Or send a lovely text message to a friend or family member. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Complete the ‘Mindful Colouring’ page. Try to notice what you are thinking about while you do so. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Use the following ‘Conversation Starters’ to have interesting chats with someone else in your home:   * What is your favourite memory? * If you were to win the lottery, how would it change your life? * What are you most proud of? * What do you want to be doing in 10 years time? * If you had £1000 to give away who would you give it to and why? * What makes you happy? * What would be in your ideal lunch box? * What is the first thing you notice about people? * What makes you laugh? * If you were the Prime Minister, what would you change? * Who inspires you? * What is the best thing about being you? | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Google some ‘No Cook Recipes’.  Make a family favourite meal together or prepare something new. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Games – play a board/card game together. | [Image result for self assessment smily facse](https://www.bing.com/images/search?view=detailV2&ccid=Y3YjpFGB&id=816E3B6DF73122666E53DCB97163CE64E3C39BFD&thid=OIP.Y3YjpFGBSJlKPKUeykFE5QHaCN&mediaurl=https%3a%2f%2fscribblepgce.files.wordpress.com%2f2015%2f11%2fassessment2.jpg%3fw%3d676&exph=160&expw=535&q=self+assessment+smily+facse&simid=608053410293482248&selectedIndex=0&adlt=strict) |
| Adults and Teens | |
| **All the previous activities could be used or adapted for teens and adults. Find your favourite activity from the list above.** |  |
| No matter what challenges we face, there are steps we can take to look after and improve our mental health and wellbeing. Visit:  <https://www.nhsaaa.net/better-health/topics/mental-health-and-wellbeing/> |  |
| Apps and websites to support mental health and wellbeing  <https://www.nhsaaa.net/media/7680/apps_websites_help-mhw-final-july-2019.pdf> |  |
| Play memory games   * Now you see it now you don’t   Have a tray with 10-20 objects on it and cover the tray with a cloth. Remove the cloth for 30 seconds. Memorise as many objects as you can in 30 seconds.   * I went and saw   Begin a sentence with “I went to …” and a location such as shop/zoo/theatre/. The first person completes the sentence e.g. ‘I went to the zoo and saw a camel’. The next person repeats and adds something of their own e.g. ‘I went to the zoo and saw a camel and a zebra’. Continue, as more animals are added the memory required is extended. |  |
| Get comfy. Relax and enjoy Netflix/Box Set together. |  |





Mindful Colouring

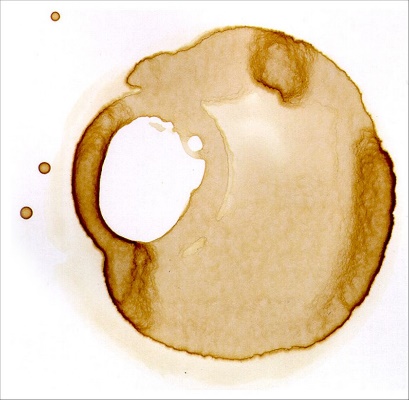
SMUDGES AND SPLATTERS!

There is an artist called Stefan Kuhnigk, who turns his coffee splatters and smudges into cute drawings!

Turn the smudges and splatters below into your own works of art!

If an adult allows, let them help you make your own paint/tea splatters and turn them into pictures too!



