

Health and Wellbeing

Here are some tasks to support your Health and Wellbeing. You can ask someone at home to join in with you!

Mindfulness Breathing Task

Breathing tasks help us to relax and recharge our batteries (our brains!). Find a comfortable place to try this task. You can even ask someone at home to join in with you!

Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Things To Look Forward To Jar

At the moment we are all limited on where we can go and the things we can do. This task will give you the chance to write down the things you are looking forward to doing in the future. Use the instructions on the next sheet to help you create a *Things To Look Forward To Jar*. After you have created your jar use the shapes sheet to write down the things you are looking forward to doing in the future. You might be looking forward to going to the cinema or to visiting a friend or family member!

Wellbeing Craft - Things to Look Forward To Jar

Use these craft instructions to create your own wellbeing jar. Having things to look forward to can make you feel happier and improve your wellbeing. Each time you think of something you would like to do in the future, write it on a piece of paper and place it inside your decorated jar.

You will need:

- glass or plastic jar
- scissors
- paintbrush
- white glue
- sticky label or strip of paper
- tissue paper or coloured paper
- pencil
- paper to record the things you are looking forward to



Instructions



1 Cut shapes out of the colourful paper or tissue paper.



4 Write a label for your jar. You could write 'Things to Look Forward To'.



2 Use the paintbrush to put some glue onto the jar.



5 You can use white glue to paint over the top of the shapes on your jar and the label. This will give it a nice, shiny effect.



3 Stick the paper shapes carefully onto the jar.



6 Once dry, your jar is ready to use. Write things that you are looking forward to on pieces of paper and place them into your decorated jar.

Use the shapes to write down things you are looking forward to doing in the future! Then cut them out and pop them into your decorated jar!

