

## Daily wellbeing ideas - Week beginning Monday 11<sup>th</sup> May



1	<p><b>Mindful steps.</b></p> <ol style="list-style-type: none"> <li>1. Find a small area inside or outside where you can walk in a line for five steps, then turn and walk back again, without interruption. You may like to take off your shoes and socks.</li> <li>2. Stand still and straight. Take three slow, deep breaths in and out.</li> <li>3. Take five steps in one direction, walking slowly and noticing how your body moves with each step.</li> <li>4. Listen to the sounds around you and the sound your feet make on the ground. Try not to change the way you walk, but instead just notice how your body naturally moves.</li> </ol> <p><u>Think about....</u></p> <p>What does the ground feel like under your feet?</p> <ul style="list-style-type: none"> <li>- When you take a step, which part of your foot touches the ground first?</li> <li>- Does your body feel heavy or light today?</li> <li>- Are you slouching when you walk or is your back up straight?</li> </ul>
2	<p><b>Bumble Bee breathe.</b></p> <p>Open your hands out with your palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through your nose and breathe in. Count silently for 1,2,3,4,5. Exhale slowly through your mouth and make a humming sound like a bee. Count silently 5,4,3,2,1 and repeat.</p>
3	<p><b>Shark Fin</b></p> <ol style="list-style-type: none"> <li>1. Sit or stand comfortably. Keep your body straight. Be still and silent. Soften your breath and shut your eyes.</li> <li>2. Place the side of your hand on your forehead, with your palm facing out to the side.</li> <li>3. Slide your hand down your face, in front of your nose.</li> <li>4. Say “Shhh” as you slide your hand down your face.</li> <li>5. Repeat until you feel relaxed.</li> </ol>
4	<p><b>Three stars and a wish</b></p> <p>Think of three things you can do really well and one goal or area you would like to improve to work on this week.</p>
5	<p><b>Breathe Boards</b></p> <p>Practice each breathe board by following the lines with your finger as you breathe in and out. Use the pictures of the breathe boards below and repeat three times.</p>



