**Well-being**

I hope you had a go and enjoyed some of the activities linked last week. This week’s weekly well-being activities are linked below. Some of them are based around the idea of Mindfulness. You can find out more about mindfulness here: [https://www.youtube.com/watch?time\_continue=6&v=mjtfyuTTQFY&feature=emb\_logo](https://www.youtube.com/watch?time_continue=6&v=mjtfyuTTQFY&feature=emb_logo%20)

Every week we encourage that your child choose at least 2 activities to complete over the course of the week. Time before lesson routines, as a break from lesson content or at the end of the typical school day (3.15) are all possible times to take up one of the activities. This week’s well-being options are:

* **Be active**– Mindful walking can be very trans-formative. We often just walk from place to place without being mindful and taking in the full experience. If we take the time to be mindful whilst walking we can see and hear amazing things we missed before. Use the resources below to help you plan your Mindful Walk. If you listen to guidance from the video below be careful and stay alert. Invite family members along that will encourage you and want to join in. <https://www.youtube.com/watch?v=09EO9IJgOiI&feature=emb_logo>
* **Create** - Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. <https://kidshealth.org/en/teens/gratitude.html>. This week, create your own Gratitude Diary

1. Use a note pad, diary or even a scrap of paper.
2. Find a quiet space to think.
3. Start thinking about people, things, and places you are grateful for. See the gratitude game for help if needed.
4. You can write in sentences, bullet points or copy the image on the right and write what you are grateful for like sunbeams. Be creative if you like.
5. This is not about having a perfect piece of work. it is about taking the time to feel grateful

* **Take notice** – Get outside and notice the world around you.  Take part in the Wildlife Trust’s ‘30 days Wild’ <https://action.wildlifetrusts.org/page/57739/petition/1?locale=en-GB>  This could be part of your Mindfulness walk
* **Stay connected** – set up a video call with a member of your family
* **Give** – Do something around the house without being asked. Wash a car, tidy a room, wash up or vacuum.