

*Mindfulness things to try*

- 1. Print the pages*
- 2. Cut them into strips*
- 3. Place them in a cup/jar*
- 4. Choose one to try each day*

*Draw a picture of your favourite day*

*Drink plenty water*

*Go outside and just listen! What can you hear?*

*Play a game outside with others in your bubble*

*Phone a relative for a chat*

*Write a funny poem*

*Watch a film*

*Hug someone in your bubble*

*Go to bed early*

*Ride your bike*

*Read some jokes and laugh*

*Name the emotion you are feeling today*

*Talk about your worries with someone, ask them about theirs*

*Do some stretches*

*Try skipping*

*Do some stretches*

*Listen to music*

*Play a game on the computer (max 30mins)*

*Watch some tv*

*Cuddle a pet*

*Cuddle a soft toy*

*Ask an adult in your bubble what they were like at your age*

*Play a board game*

*Run as fast as you can*

*Brush your teeth twice a day*

*Ring a friend*

*Write a letter or send a card to a relative*

*Keep warm*

*Imagine yourself in your happy place*

*Find a way to connect with friends*

*Watch the stars*

*Relax in the bath*

*Watch the clouds floating by*

*Think of something to be thankful or  
grateful for*

*Try some colouring*

*Do some artwork*

*Do some crafts*

*Do something kind for someone today*

*Help someone today*

*Take a walk and use your senses to see,  
listen, smell and touch*

*Sing in the shower or bath*

*Ask for help if you need it*

*Talk about your feelings*