



# Mindfulness & Wellbeing

Did you know that 1 in 8 children (aged 5-19) have a diagnosable mental health disorder? In a world of stress, pressure and anxiety, it's more important than ever that we show our young people how to be comfortable, healthy and happy.

**Complete one challenge from each of the three sections, plus two more challenges of your choice from any section.**



## Craft

- Make a journal using a method of your choice to track your feelings and emotions. Can you identify any themes?
- Create a worry jar or a happy jar.
- Express your gratitude and make a card to thank someone for something they have done to help you.
- Complete some mindful colouring.
- Decorate a mindful stone.

## Food

- Find out about foods that boost your moods and make some juices or smoothies with them.
- Create your own healthy snacks or cereal bars.
- Find out about the hidden sugar in different foods and the impact this can have on your health.
- Baking for others is proven to have a positive impact on your mental health. Bake something and give it to someone else.
- Make a food diary to record what you're eating, when you're eating, who with and what time from and to. Eating with others and taking your time can have a positive impact on your health.
- Try some mindful baking. Experience the ingredients with touch and smell, take care and time.
- Make a cake or decorate biscuits to represent your hobbies/interests.

## Other

- Try and learn a new skill – you may discover a hidden talent you never knew about!
- Get outdoors and start a garden or grow a plant. Plants need the same love and care that we do to grow.
- Try yoga.
- Practice meditation.
- Have a go at cloud watching. Lie on the grass and watch the clouds go by, what can you see?
- Find out about body confidence and the influence of the media on our perceptions of beauty. Watch 'The Dove Evolution Film' to see how images can be manipulated.
- Write a positive story about anything you like.