



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.