



Well-Being

Ideas and activities to support your child's emotional, mental, spiritual and physical health

Connecting to Ourselves

Breathing Exercises

WHALE BREATH

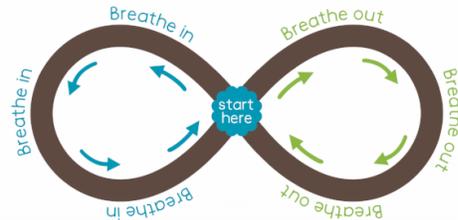
Sitting criss-cross applesauce, sit up tall and take a deep breathe in, Hold it while you count to 5 with your fingers then tilt head up to blow it out of blowhole. You can also put your hands up on top of head to create the blow hole to "blow" out.

LAZY 8 BREATHING

Start with the eight on its side and start in the middle

Go up to the left and trace the left part of the 8 with your finger while you breathe in.

When you get to the middle of the eight again, breathe out while you trace the right part of the 8 with your finger.



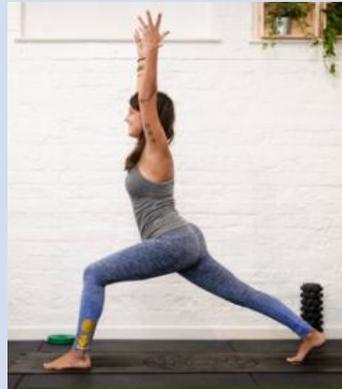
Three things

Stop and keep very still.
Listen – what are three things you can hear?
Look – what are three things you can see?
Feel – what are three things you can touch?



Stretching

Try and learn a stretch sequence, [yoga Poses](#) or play a game to get moving



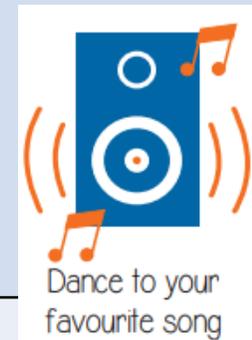
Stretch your mind-

Mr Bethune's Weekly Well-being Challenge

Learn to count to 10 in another language

Create a 'Hope Box' and fill it with things that make you happy

Make a playlist of your favourite music



Relaxation

Stress toys

This exercise releases muscle tension and massages your hands.

Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release.

Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.



Push against a wall

This is perfect for getting rid of stress without having to go outside or even leave the room.

Push against the wall for 10 seconds. Imagine you can push the wall over if you try hard enough! Repeat three times.

When you do this your muscles contract and then relax, releasing feel-good hormones into the body.



Build a den

Make your own private place using a couple of chairs and an old sheet or towel.



Mindfulness Colouring

Keep a doodle book



Connecting to Ourselves

Worry Jar

You will need



Your child may be worrying about a lot of things right now. Health, school, friends, family and more. They might ask you about their worries.

A Worry Jar is a place for your child to put their worries so they don't have to think about them all the time.

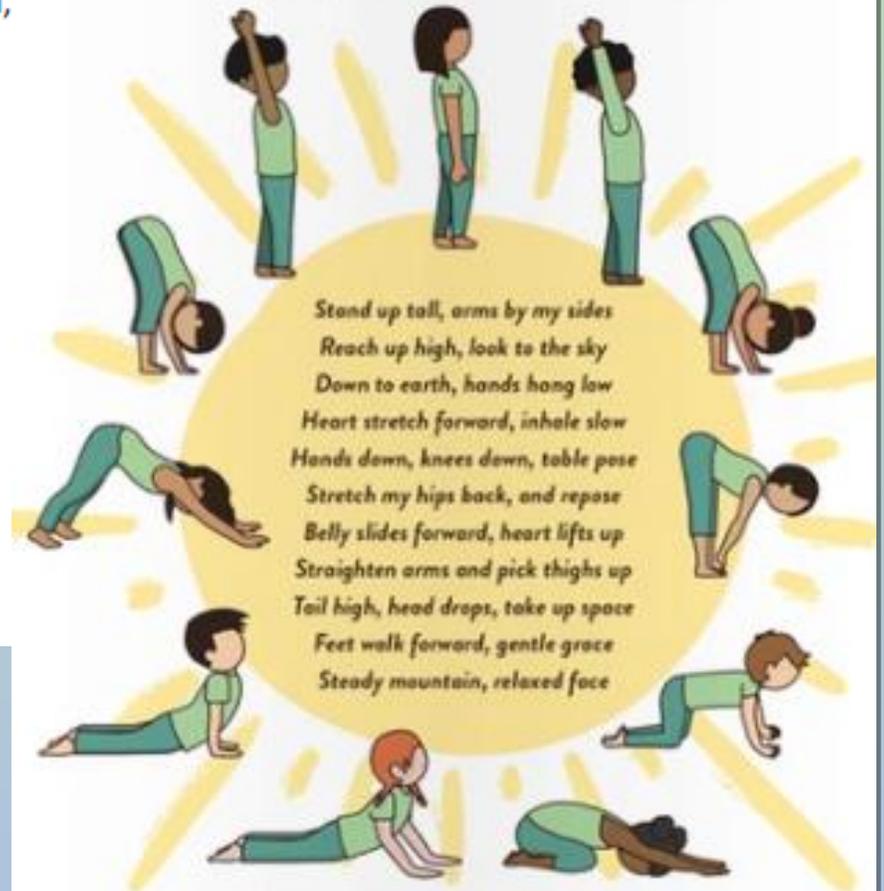
Find a jar or any container, and decorate it if you like. If you haven't got a spare jar, you can write or draw on the picture on the following page.

Help your child write their worries on pieces of paper. Fold them up and put them in the jar, and close the jar.

Choose 10-15 minutes a day (but not right before bed) for 'Worry Time'. Children can open the Worry Jar, look inside and worry as much as they want. They can read all the worries or focus on one or two. Have a timer to show that Worry Time is over. Close the jar to put their worries away.

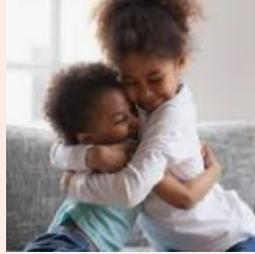
At some point, your child may tell you that they've stopped worrying about something they've put in the jar, and they can tear up that worry and throw it away. Enjoy these times together!

SUN salutation



Connecting to Others

Give someone a cuddle



Write a note, a letter or draw a picture for someone to say 'Hello' or 'Thank you' or 'I miss you'



Have a conversation – ask questions...

What's one dream that you've tucked away for the moment?

What has made you smile in the last week?

If you had one superpower to help the Earth, what would it be?

Do something kind for someone else...make them a drink, tidy up somewhere, set up a little surprise, offer to help, spend time with a pet

Things I am looking forward to - Future plans

Encourage children to make a list or draw pictures of things they are looking forward to doing in the near future. Stick this on the fridge to remind them of good things coming up. They can add new things at any time.



Arrange a video call or phone call -

If you're worried that you might run out of things to talk about, make a plan with someone to watch a TV show, listen to music or play a game together. Or you could take part in a quiz, or read a book separately and then discuss it with each other when you speak

Who supports you? Who could you support?

We are all connected with people who support us, people who shine light into our lives and light us up. Draw or write a name of someone that supports you on a leaf/paper and hang it from a branch/ or stick it somewhere in your house as a reminder and as a sign of commitment to them. Be thankful for the people who support you.

Read to someone or tell a story

Connecting to Others



You will need     

This activity will help your child feel more connected to friends and family they are missing.

Ask them to draw or stick pictures of people who are important to them below.

Encourage them to add how they are going to stay in touch with this person and what they are going to do when they see them again.

Staying connected 	Staying connected 	Staying connected 
		
  ...	  ...	  ...
Name:	Name:	Name:
I will stay in touch by:	I will stay in touch by:	I will stay in touch by:
When we meet again, we will:	When we meet again, we will:	When we meet again, we will:

Connecting to Nature & Beyond

Can't go outside today? Set up a world-watching window. Bring the outside in.

Find a window view to help induce feelings of relaxation, awe, and vitality. Activities can include cloud spotting, [bird-watching](#), and more. Keep handy: a nature notebook, field guides for birds and stars, binoculars, a telescope, a digital camera with a telephoto lens, and maybe even a sound recorder to capture the sounds of the natural world.

Lots more ideas at [The Children & Nature Network](#)

Create a sculpture – Use [Tate Gallery's one-minute sculptures](#) for inspiration or look at the brilliant work of [Andy Goldsworthy](#).



Hope Blossoms

What do you hope for in the future? What do you hope the world will be like? You might have a small hope or a really big hope! If you would like to, write or draw your hopes and dreams on a piece of paper. You can do this as a prayer to God, or as a wish. Fold the four corners of your square so they meet in the centre (ask someone to help if you need to). Then carefully put your square into a bowl of water with the folded corners facing upwards. Wait and watch as it slowly unfolds.

Become a 'Twitcher'!! Join the [RSPB big birdwatch](#)- or just watch from your window and see if you can begin to identify some of our native birds



Bring the outside in...

Look at photos of your favourite places in nature. You could use them as the background on your mobile phone or computer screen. Or you could print photos and put them up on your walls, if you have a space of your own.

Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall. You may be able to find seeds, flowers or plants to grow and keep around your workspace.

Create a prayer or reflection space at home – find a quiet space that you can go to and find a moments peace - there are lots of lovely ideas for this at [BeSpace](#) Activities @ home.



Connecting to Nature & Beyond

Stargaze in the evening or very early morning. Try to locate a few key constellations and orient to those.



World Map Look at a world map and think about the things that are going on around our world. Think about any family or friends you may know in another part of the world. Think about different situations happening around the world that you've heard about, where people need help. If you would like to, write or draw a prayer or thought for someone you know or about something that is happening in the world onto a post-it note and stick it onto the map.

Pick a "sit spot." Find a special place in nature, whether it's under a tree at the end of the garden, in the Nature reserve, or the park. Know it by day; know it by night; know it in the rain and in the snow, in the depth of winter and in the heat of summer. Know the birds that live there, know the trees they live in. Getting to know these things can help us feel connected and less isolated.

