

## Wellbeing Challenge Week 1

### Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.



Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges. Here are some ideas to choose from or you could make up your own.

Here are some ideas but you may have some of your own!

**Safari** -This activity turns an average, everyday walk into an exciting new adventure!

Go on a local safari: your goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as you can. Anything that walks, crawls, swims, or flies is of interest, and they'll need to focus all of your senses to find them, especially the little ones.

**Mindfulness Stones** - Decorate and make a set of mindfulness stones with positive words on them.

Print an **affirmations tree** to help you grow. What/How? Create a picture of a tree with big leaves (for you to write in) and a strong trunk. In each circle write a different affirmation (a positive thought) ie. I am an amazing and helpful person, I get better every day, I am enough. Each day read your affirmations aloud and see the improvement in your self belief.



Have a go at cloud watching. Lie on the grass and watch the clouds go by, what can you see?

Create a 'Glitter Jar' find a jar that you can wash out and decorate, it needs a lid! Fill the jar up 3/4 with water, add some glitter, tiny drop of food colouring and pva glue, seal then shake!

Have a 'mindful' snack by describing the smell, texture and taste of the food

**Complete some Mindfulness Colouring, here are some ideas or create a mindful colouring picture for someone else to do!**

Try some mindful exercises; here is a [YouTube link](#)