



SUMMER WELLBEING ACTIVITIES

Psychologically focused



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About Me!

Use this worksheet to share all the positive things about you!

My Favourite Things

My Strengths

My Proud Moments

My Hobbies

My Goals and Dreams



Feelings Diary.



A feelings diary can help to identify feelings and help us understand that feelings change. Try to spend time talking about one or two feelings you have had each day. If you have difficult feelings (anxious, lonely, sad or frustrated) it's okay to feel like this and completely normal, especially in periods of change and change in routine.

(This is just an example, please do not feel limited to the timetable, use whole pages for sentences and pictures if needed)

	Today I felt (Write a sentence)	Today I felt (Draw a picture)	One thing that made me happy (Draw or write a sentence)
<u>Monday.</u>			
<u>Tuesday.</u>			
<u>Wednesday.</u>			
<u>Thursday.</u>			
<u>Friday.</u>			
<u>Saturday.</u>			
<u>Sunday.</u>			



Create your own Feelings Cards

Understanding how other people are feeling by their faces can strengthen your connections with friends and family.

Creating Feelings Cards could also help others to support you by understanding how you are feeling when communicating feels like too much.

Write down a feeling and draw a face that matches.



Healthy Mind Platter for Young People

Everything you need for a Healthy Mind!



Play Time

Creativity and enjoying play helps our brain to make new connections (e.g. playing outdoors, painting drawing, dressing up)

Time In

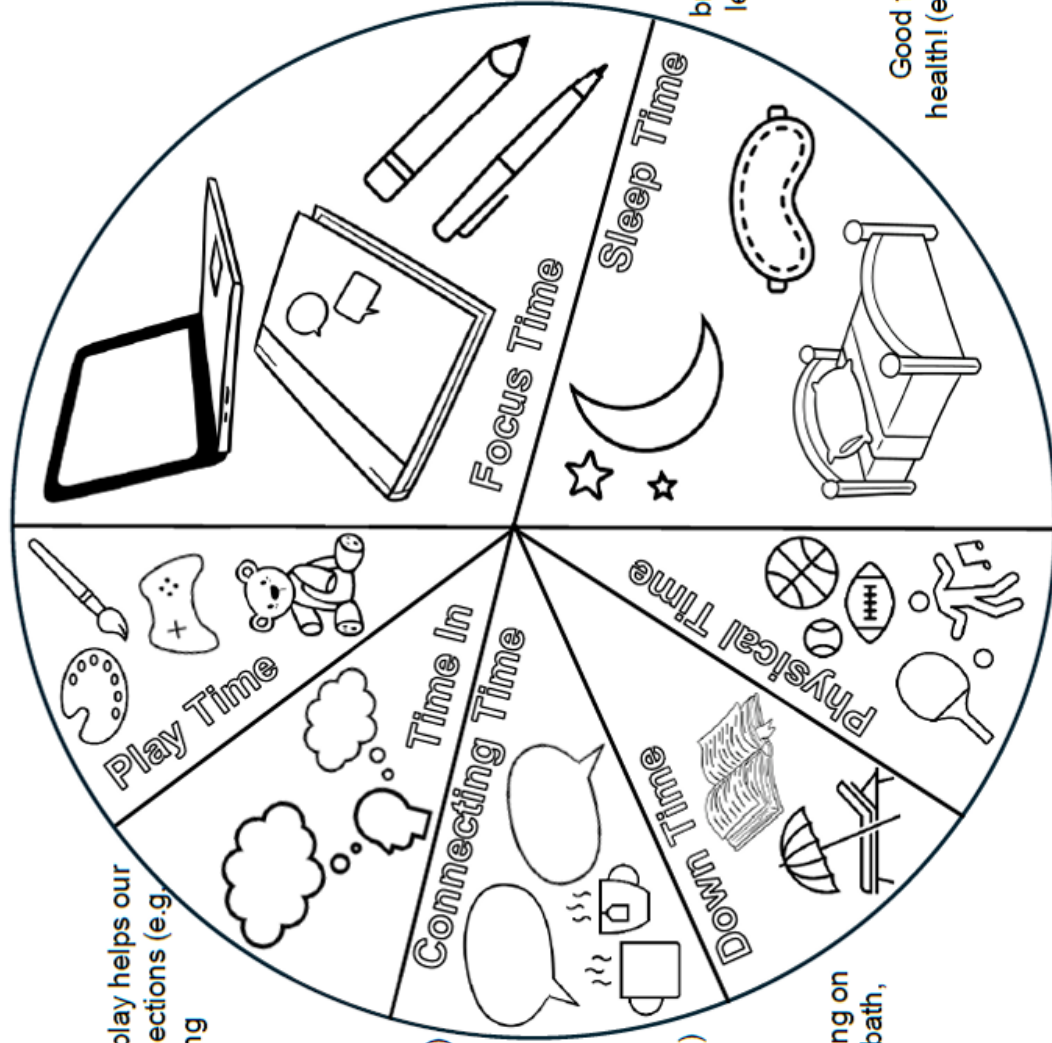
Reflecting and being mindful (e.g. grounding exercises, making a gratitude jar, journaling)

Connecting Time

Connecting with other people and nature (e.g. talk to a friend/family member/carer, cuddling)

Down Time

Relaxing and not focusing on anything (e.g. having a bath, reading a book)



Focus Time

Closely focus on a task or goal (e.g. in lesson, following a tutorial/recipe/instructions)

Sleep Time

Important to give your brain a rest and process learning and memories.

Physical Time

Good for our body and brain health! (e.g. bike riding, playing football, dancing)



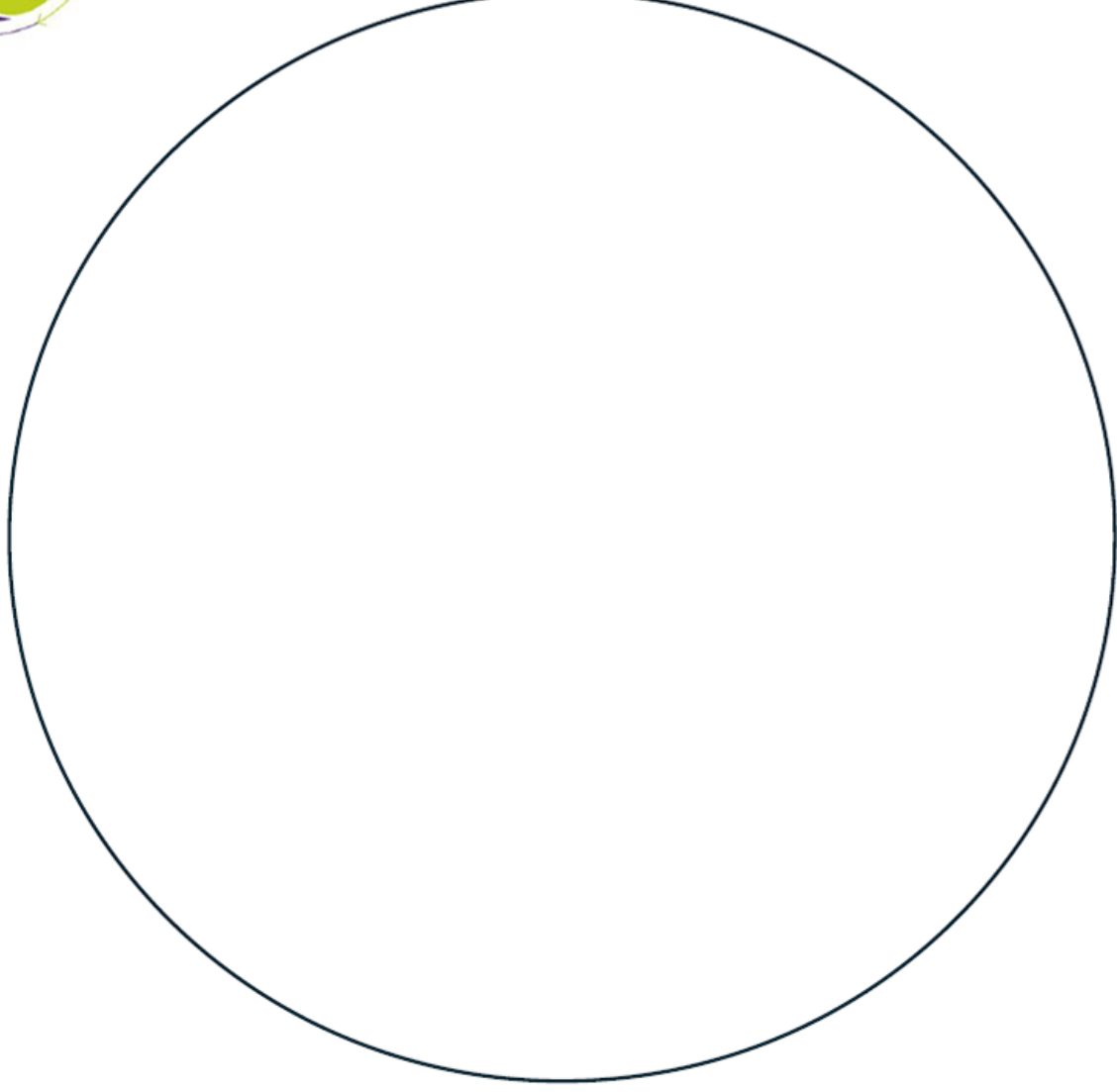
Make Your Own Personalised Healthy Mind Platter



Using a ruler split this 'platter' into the 7 different areas and write or draw what these areas look like for you.

Think about how long/how many hours you aim to give to each area each day.

This can be done on a paper plate for your own physical healthy mind platter.





Your Healthy Mind Platter in the Week

Plan how many hours you aim to give to each area of your platter



	Sleep Time	Physical Time	Focus Time	Time In	Down Time	Play Time	Connecting Time
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							
Total							

Nature Walk Discovery List.

Walking is a great form of relaxation and mindfulness.
Why not take this list to your next walk and see if you
can spot any of these items!

Can you see:
Something red
Something shiny or sparkly
Something that moves (a bug, leaf in the wind, etc)
Something with spots or stripes



Can you smell:
A flower or plant
Fresh-cut grass or soil
Something sweet (fruit, juice, etc)
Something with a spicy or earthy smell



Can you touch:
Something smooth
Something rough or bumpy
Something warm from the sun
Something cool or wet (like grass or a flower petal)



Can you taste:
Something sweet (honey, chocolate)
Something sour (lemon, yogurt)
Something crunchy (carrot, crackers)
Something cool (ice cube, chilled fruit)



Can you hear:
A bird singing
Water dripping or flowing
Someone laughing
A car/bike/plane passing by



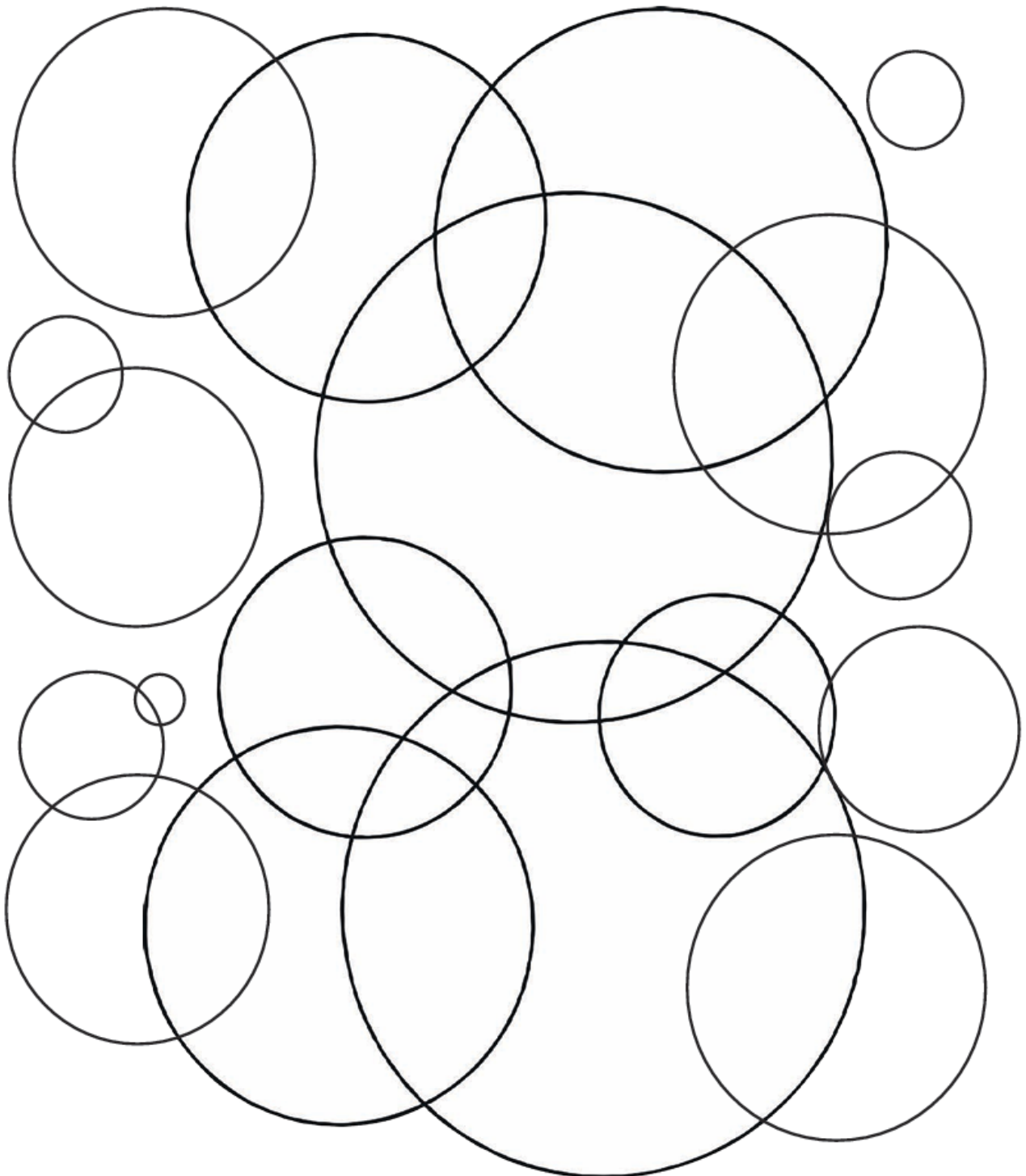
Bubbles of Gratitude

Mindfulness colouring.

These are bubbles of gratitude! As you colour each bubble, think of something that you are grateful for.

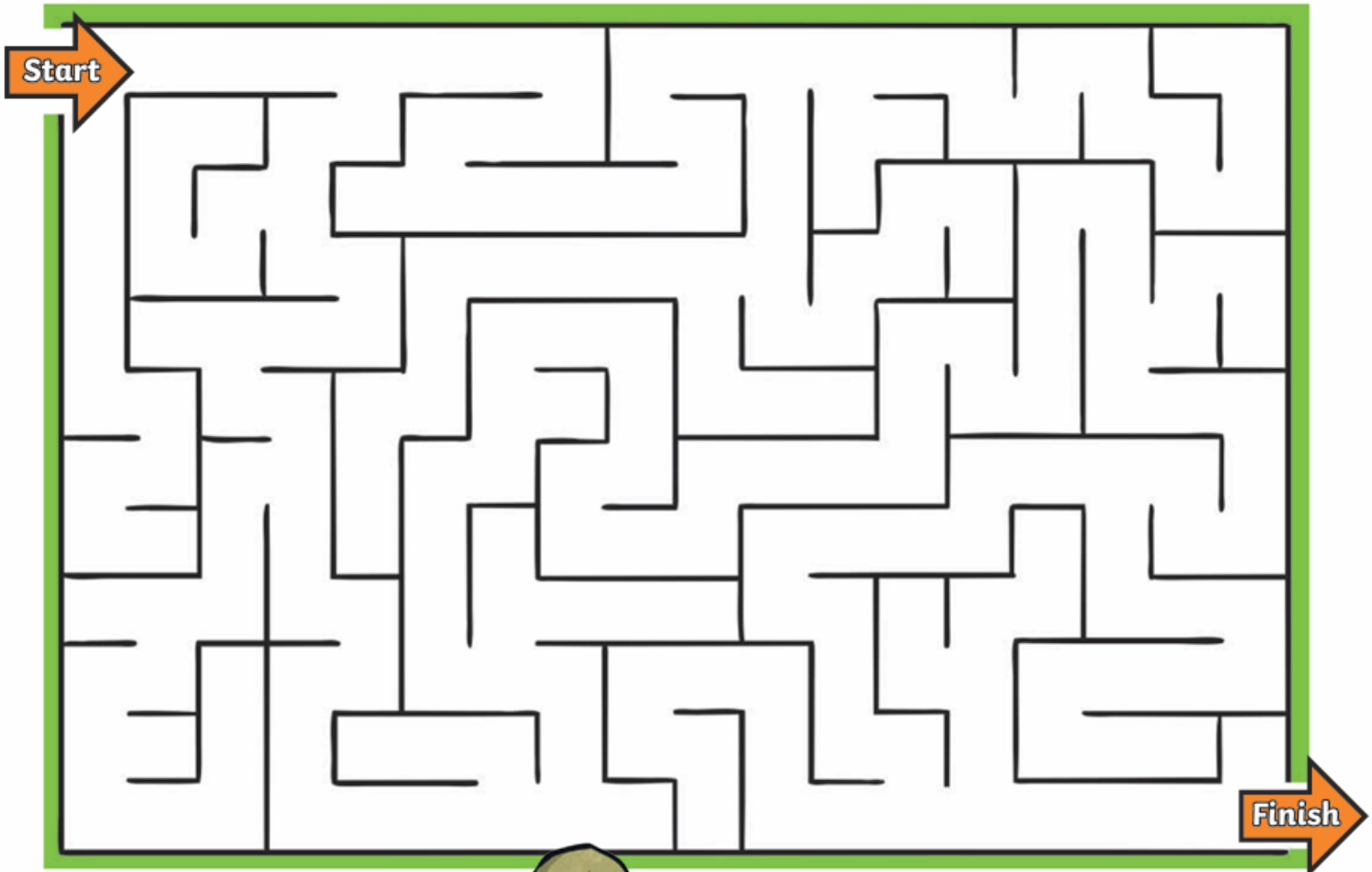
It could be something big or something very small, think of something you experience often or something that has just happened once.

Thinking of these things helps us feel calm and happy.



Mindfulness Maze Activity.

Taking a moment to be calm and relaxed during a busy day, can help us to feel settled and happy. We can use our breath in mindfulness to help us feel calm. Taking slow and gentle breaths, in and out, can help us if we feel better, if we are worried, frightened or sad. Complete the maze below, making sure your breathing is relaxed and gentle. Pay attention to your pencil, as it moves across the paper, really noticing how it feels and what it looks like.



Well done for taking a mindful moment! How do you feel?





Gratitude Diary.



Name something that has made you happy today...

.....

.....

Something kind you did for someone else today was...

.....

.....

Something I feel lucky to have is...

.....

.....

.....

Practising gratitude can:

- increase happiness
- encourage better sleep
- develops patience
- strengthens relationships

Coping Steps

How can you help yourself feel better the next time you're really mad, sad or worried? Write down steps you can take to cope in a healthy way!

When I feel myself starting to..... ,
the first step I will take



Then my next step will be...



And my last step will be...

Colour breathing

Stand or sit in a comfortable position, you can close your eyes if you wish.

Imagine your favourite colour or a colour that helps you feel calm. You are now going to take a deep breath in and imagine you are breathing in this colour.

As you breathe out, imagine you are blowing a bubble made of this colour. You can repeat this process for a few minutes and see if you can take longer, slower, deeper breaths (both in and out) and blow larger imaginary bubbles.

Cake Breathing

Sit on a chair and place your hands on your belly.

Make your left hand into a fist and imagine it is a cake.

Inhale and imagine yourself smelling the cake.

Exhale and imagine yourself blowing out the candles.

Continue this for a few minutes.



5-minute Mindful Activities

Body Scan

Take a deep breath: "Let's start by taking a slow, deep breath in through your nose...and letting it out through your mouth with a soft sigh. Let's do that two more times. Breathe in...and out. One more time, breathe in...and let it go".

The Glowing Light: "Imagine a ball of warm, soft, glowing light right at the center of your chest. What colour is your light? Let's send that light all the way down to your toes"

Toes and feet: "Let the light fill your toes and the bottoms of your feet. Can you wiggle your toes for a second? Now, let them go completely still. Notice how your feet feel against the floor or your bed"

Legs: "Now, let the warm light slowly travel up into your ankle and calves. How do your legs feel today? Maybe they feel heavy or maybe they feel nothing at all. That's completely okay".

Belly: "Let the light move up to your belly. Feel your tummy rise as you take a slow breath in, and gently fall as you breathe out".

Chest and shoulders: "Bring the light up to your chest and shoulders. Take a deep breath here. If your shoulders are scrunched up, let them drop and relax".

Arms and hands: "Let the light travel down your arms to your hands and fingers. You can open and close your hands gently, and then let them rest softly by your side".

Face and Head: "Finally, let the light move up to your neck, your jaw, your cheeks and the top of your head. Let your jaw relax and soften. Notice how light and calm your whole head feels".

Whole Body: "Imagine the glowing ball of light returning to your heart space. For just a moment, feel your whole body resting here, completely safe and completely relaxed. Take one more slow, deep breath".

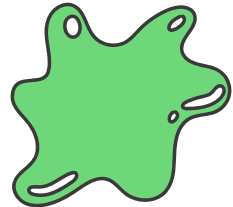


Slimy Hands

Imagine you have a ball of slime in the palm of each hand.

You are going to squeeze the slime as hard as you can as you breathe in. Then, as you breathe out and open your hands, imagine that the slime has spread across your hands.

Repeat this a few times.



Mindful Walk

Go on a mindful walk, either in your garden or in your home.

Slowly walk around the space or rooms, really noticing what you see, feel or hear. You can label these sights, sounds and feelings in your head or out loud. If something captures your attention, spend some time really watching it, quietly and calmly, and then continue calmly on your mindful walk.

