








# HAPPY, HEALTHY, POSITIVE MINDS

<p><b><u>LISTEN TO</u></b></p> <ul style="list-style-type: none"> <li>- Music</li> <li>- Podcasts</li> <li>- Online stories</li> </ul> 	<p><b><u>EXERCISE</u></b></p> <ul style="list-style-type: none"> <li>- go for a walk</li> <li>- ride your bike or scooter</li> <li>- create an obstacle course</li> <li>- create an exercise routine</li> <li>- follow a routine on YouTube</li> <li>- Dance</li> </ul> 	<p><b><u>MEDITATE</u></b></p> <ul style="list-style-type: none"> <li>- use apps like the 'Smiling Minds' or 'Calm'</li> <li>- Yoga</li> </ul> 
<p><b><u>ROUTINE</u></b></p> <ul style="list-style-type: none"> <li>- follow your school timetable</li> <li>- eat properly</li> <li>- take regular breaks</li> <li>- make yourself a routine or timetable to follow each day</li> <li>- wake up and go to bed at regular times</li> <li>- allocate 'gaming' tech time</li> </ul> 	<p><b><u>COMMUNICATE</u></b></p> <ul style="list-style-type: none"> <li>- Keep in contact with your friends</li> <li>- Write letters</li> <li>- Use Social Media</li> <li>- Face Time</li> <li>- Make Phone calls</li> <li>- Share your experiences or your wellbeing tasks you did that day</li> <li>- Keep your communication positive</li> <li>- Call a family member up</li> <li>- Sit and talk with mum and dad about your day</li> <li>- Family game time</li> </ul> 	<p><b><u>LEARN SOMETHING NEW</u></b></p> <ul style="list-style-type: none"> <li>- Follow a new recipe</li> <li>- Learn a new trick</li> <li>- Follow 'how to' guides on YouTube, such as drawing, cooking or creating photography</li> </ul> <p>TODAY is the day to learn something NEW</p>
<p><b><u>MINDFULNESS</u></b></p> <ul style="list-style-type: none"> <li>- colour in</li> <li>- draw</li> <li>- complete puzzles</li> <li>- paint</li> <li>- read</li> </ul> 	<p><b><u>GRATITUDE &amp; DO WHAT YOU LOVE</u></b></p> <ul style="list-style-type: none"> <li>- keep a gratitude journal every day</li> <li>- do something that you have always wanted to do but never had the time</li> <li>- Create or write a positive message and give it someone unexpected</li> <li>- Perform a random act of kindness</li> </ul> 	<p><b><u>CREATE CHALLENGES</u></b></p> <ul style="list-style-type: none"> <li>- 30-day gratitude challenge</li> <li>- Eating healthy challenge</li> <li>- Photo of the day challenge</li> <li>- Dance challenges</li> <li>- Cook/Bake off</li> </ul> 