


Connect

Connecting with others helps to boost our mental wellbeing. How many of the following things do you have common with your friends / family? Can you connect with them to share some of the things you enjoy?

A talent you have in common	A favourite board game you like to play	A piece of music you enjoy listening to
A favourite TV programme	A favourite sport you enjoy watching or playing	A favourite computer game you like to play
A favourite type of food	A card game you enjoy playing	A favourite book you like to read

Connect – with a smile!

A man walks into a doctor's office. He has a cucumber up his nose, a carrot in his left ear and a banana in his right ear. "What's the matter with me?" he asks the doctor. The doctor replies, "You're not eating properly." 

Did you find that joke funny - or pathetic? Laughter is good for our mental health – when we laugh our brain releases special chemicals that lift our mood. But what makes one person laugh doesn't always work on another.

Make a collection of jokes. Try them out with people you are in contact with. Can you find out what sort of things make different people laugh?

Connect

Think about some of the positives you identified in the 'Ups and Downs' activity opposite. Write a postcard to a family member or friend telling about some of the good things you've managed to do or achieve whilst in lockdown. How did those good things make you feel?



Find out their address, add a stamp and post it to them.

Get Active

Choose an upbeat song from your playlist and create your own active routine to go with it. Try to include these moves.

Funky Chicken

Bunny Hop

Knees Up



Jazz hands

Running on the spot

Floss

Teach it to someone either at home or remotely!

Get Active Challenge

It might be difficult to play a team sport at the moment but there are lots of other ways we can work out.

Choose some of the following workouts to do this week:

- Cycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1.5 miles in 15 minutes
- Stair climbing for 15 minutes
- Gardening for 30 minutes
- Walking 1.5 miles in 30 minutes
- Shooting baskets for 30 minutes
- Cycling 5 miles in 30 minutes
- Dancing fast for 30 minutes
- Walking 2 miles in 30 minutes
- Washing windows, floors or a car for 45 minutes



Take Notice

Sit quietly in a room or outside.

What can you see?

Pick a letter from your name. Can you spot ten things that begin with that letter?

Try some other letters.

Write a poem based on what you have seen, heard or felt when taking notice – or illustrate in any media how taking notice felt for you.

Take Notice

Think of a place where you feel safe, calm, relaxed and happy – this can be real or imaginary.

- What sounds do you associate with your safe place?
- What colours make up your safe place?
- What are the comforting smells in your safe place?

Draw a picture of your safe place, take a photo of it (if it's real) or create a model showing its comforting features.



If you feel anxious about something, stop, take a deep breath and think of the sounds, colours and smells of your safe place. This will help to calm your brain.

Take Notice

Sit quietly outside or in a room with a window open.

What can you hear?

Try and listen out for ten different sounds.

What is making those sounds?



Write a poem based on what you have heard or felt when taking notice – or illustrate in any media how taking notice felt for you.

Keep Learning

By continuing to learn new knowledge and skills we keep our brain active and have a greater sense of wellbeing. Set yourself a target of learning to do one of the following over the next week – or set your own challenge!

- Learn to count from 1 – 10 in another language
- Learn the NATO phonetic alphabet (alpha, bravo, charlie etc.)
- Learn a couple of phrases in sign language
- Learn a poem off by heart and recite it to someone
- Learn to juggle with three soft balls or bean bags
- Learn a new card game to play with a family member or friend



Give

Being kind to others helps to boost our own mental wellbeing and gives us a 'warm glow'. It obviously also makes others feel good too. How many of these acts of kindness can you do in the next week? Tick them off as you do them. Notice how they make you / other people feel.

Smile at someone	Offer to help out with a chore	Make someone a cup of tea
Pay someone a compliment	Do a bit of cleaning without being asked	Tidy your room
Send a positive message to someone	Leave a thank you note for someone	Choose some items to give to charity