



5 Ways to Wellbeing Challenge

This week's challenge is focused on.... **Take Notice**

Take notice is all about being present! That means stopping and looking around you. Be curious; what can you see? Science tells us that when we take notice of the things around us, we can feel better and less worried.

Do 1 or more of the suggested activities:

- 1) Look around your room – what can you see? Say quietly the names of 5 things you can see and describe them.
- 2) Listen closely – close your eyes and stay still. What can you hear? Say quietly 4 things you can hear and describe what they sound like.
- 3) Mindfulness colouring- colouring is a great way to be focused on the present and relax as well. Why don't you try mindfulness colouring?

Here are some links for pictures: <https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack>

<https://www.bestcoloringpagesforkids.com/mindfulness-coloring-pages.html>

If you don't have a printer, you can try online colouring - http://www.hellokids.com/r_262/coloring-pages/mandala-coloring-pages

- 4) Deep belly breathing – Noticing how we breathe is a great way to be present and it can help us to feel calm. Follow this YouTube video <https://www.youtube.com/watch?v=ZBnPlqQFPKs> or the steps below.

Don't forget to update your tracker sheet and share with your teacher what you took notice of this week!

