

**Looking after your wellbeing during the school closures**

**Here are some things to try!**

**Try to do each thing on this list at least once during your time away from school… Tick them off as you go.**

**You might not like some of them but if you really enjoy one, keep doing it regularly and see how you improve.**

* Do some colouring (you can find lovely designs online but if not, anything with an outline and blank spaces will do!)
* Try some stretches and yoga poses (you can find great clips online such as Yoga with Adrienne or Teen Yoga on Youtube)
* Tell someone a story (this could be made up or one you have heard/ read)
* Draw a picture of something you can see.
* Copy a picture from somewhere. (a book, on the wall, online)
* Solve a word search (online)
* Journaling – start with blank, squared or dotted page. Create a border and write the date in your best handwriting. Write about your day. What happened? How did you feel?
* Write a letter to a friend
* Write a letter to a member of your family
* Write a letter to someone you don’t know (you don’t have to send it, what would you like to say?)
* Go for a walk
* Put your phone in another room for 3 hours. Resist the urge to check it.
* Do some meditation – find a clip on YouTube
* Find out how to do something and learn a new skill – origami, cooking, face painting
* Listen to a song or piece of music you like. Don’t do anything else while you listen. What new thing(s) do you notice?
* Go out into the garden or out of your front door. What do you see/hear/feel?
* Ask someone a philosophical question! eg. Do we have souls? What is the meaning of life? Is there a God? Could a square circle exist?
* Do a chore you haven’t been asked to do. Did anyone notice? Does it matter?
* Do a breathing exercise using a Youtube clip
* Make up a new dance knowing that you don’t have to show anyone!
* Email your teachers to tell them how you’re doing!
* Write a list of 10 things you are grateful for.
* Read a book and write a review of it for a friend
* Watch a film and write a review of it for a friend
* Look at Action for Happiness on Instagram for more ideas!