

## Forest Lodge Academy

### Weekly Wellbeing Challenge Week 1

Each week as part of your home learning we are going to set you a weekly wellbeing challenge. This can be something you can do at home by yourself or with your families to help your mental health and wellbeing. Please make sure you are safe at all times and tell a grown up what you are doing.

This week we are going to focus on mindfulness. Mindfulness is about giving your brain a break which is really important at the moment. We have set some mindfulness tasks below for you to have a go at. You don't need to do them all just try as many as you like and when you speak to your teacher let them know how you got on.

#### Zen Den

Watch this mindfulness clip from the zen den on you tube. There are lots of other mindfulness exercises from the zen den to choose from.

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>



#### Colouring Calm

Print out mindfulness colouring of your favourite character or image and colour it in. Or draw a picture. Whilst you are colouring if any thoughts pop into your mind let them float away like a balloon, focus instead on the colours you are using.



#### Dream Clouds

Sit safely in your garden or look out of your window and watch the clouds moving. Can you see any shapes or patterns in them? Notice how they are moving along the sky. Do they go up and down or left to right? Are they fast or slow?



#### Spidey Senses

Sit with your eyes closed in a safe space...what can you hear? Focus on one noise, it might be a bird chirping or a car going past. Listen carefully to that noise and then let the noise go.



#### Breathing Buddies

Find your favourite toy or stuffed animal then lie down and put it onto your tummy. Breathe in and out slowly and notice how your breathing buddy moves up and down. Imagine that any thought that come into your head turn into bubbles and float away.



#### A picture in your mind



Sit in a safe quiet space. Look around you imagining you are a camera taking a photograph of one object at a time. What do you notice about it? Look at the colours, shape and size of each object carefully. Once you have taken a 'photo' move onto another object.