





PSHE

Can you have a go at one of these activities, how did you feel after completing it?

<p>Write a journal entry about how you are feeling today.</p> 	<p>Self-love and self-compassion are important! List 5 ways you can be kind to yourself.</p> 
<p>Do something kind for someone. Write about how it made them (and you) feel.</p> 	<p>Write a kind note or letter to someone else. Take a picture of it or send an email.</p> 

Can you try this activity?

Tick each one off as you find something

# RAINBOW SCAVENGER HUNT

primary & independent

-  Find something red.
-  Find something yellow.
-  Find something orange.
-  Find something green.
-  Find something blue.
-  Find something purple.
-  Name a fruit that is red.
-  Name an animal that is yellow.
-  Name a vegetable that is orange.
-  Name a plant that is green.
-  Name a flower that is purple.
-  Name something outside that is blue.



Try each of these tasks.

How do you feel after you finish each one?

### **Mindfulness 5 - 4 - 3 - 2 - 1**

Think about:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

### **Gratitude Break**

Take a moment to think about what you are grateful for in life:

- People you are grateful for
- Places you are grateful for
- Things you are grateful for

### **Deep Breaths**

Lie down and place your hand on your belly. Close your eyes and take 10 deep breaths. Notice your hand moving up and down as you breathe. Do you feel relaxed?

### **Calming Music**

Search for calming music on Youtube. For example, it could be ocean waves. When you've found one you like, get into a comfy position, close your eyes, clear your mind, listen to the sounds and relax.