

Wellbeing Day Activities

"What Makes Me Me" Activity

In the middle of a piece of paper, add something to represent yourself, it could be a picture, a self-portrait or a simple stick figure.

Then annotate the picture with your:

- Key Milestones
- Key Influences
- Interests and Passions
- Ambitions/Goals
- Support Network
- Skills.



Spinal Roll

This is a great activity to release endorphins and create some energy after a long period of sitting down.

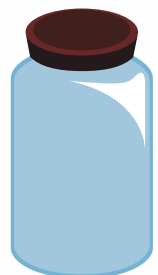
- 1) From a standing position, inhale to lengthen the back of the neck and shift the weight to the ball of the foot
- 2) Exhale and begin to roll your shoulders forwards down towards the floor
- 3) Once fully stretched downwards, inhale and exhale in the full stretch position
- 4) Bend your knees and breath as you roll back up.

Magic Moments

Grab a box or an envelope and decorate it.

Each day, write down a positive experience or memory you have had that day or that week and add it to the container.

Then, whenever you are feeling down, you can open your "Magic Moments" and remind yourself of your own positivity for a little boost.



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Mindfulness Exercise

Sitting on a chair, take off your shoes, close your eyes and allow your feet to make a connection to the ground.

Then gently shift your weight forward, through centre to back, letting the arms rest gently on the thighs. Gently change the direction of the sway side to side.

Notice how you are breathing, how you are connected to the chair and the temperature of your feet, pressing your heels, little toe and big toe equally into the floor. You should take some deep breaths in and out and then open your eyes.

Mindful Nature Walk

Head out on a nature walk to reconnect with yourself, your body and release any anxiety and tension.

Set a mission, before the walk, of what you are going to look for. This could be things that are red, flowers, different shaped leaves or water.

If you have access to a device with a camera, take some images from your walk to look back on or create some art with.

This is a great way to engage creatively with the wonderful energy of nature.

Emotional Charades

Create a pile of cards with a different emotion written on each one.

Then sit in a circle and take turns to draw from the pile to act out the emotion written on it. The rest of the group has to try and guess the emotion they are portraying.

This helps to develop emotional expression and an understanding of how our emotions can be perceived differently by others.

