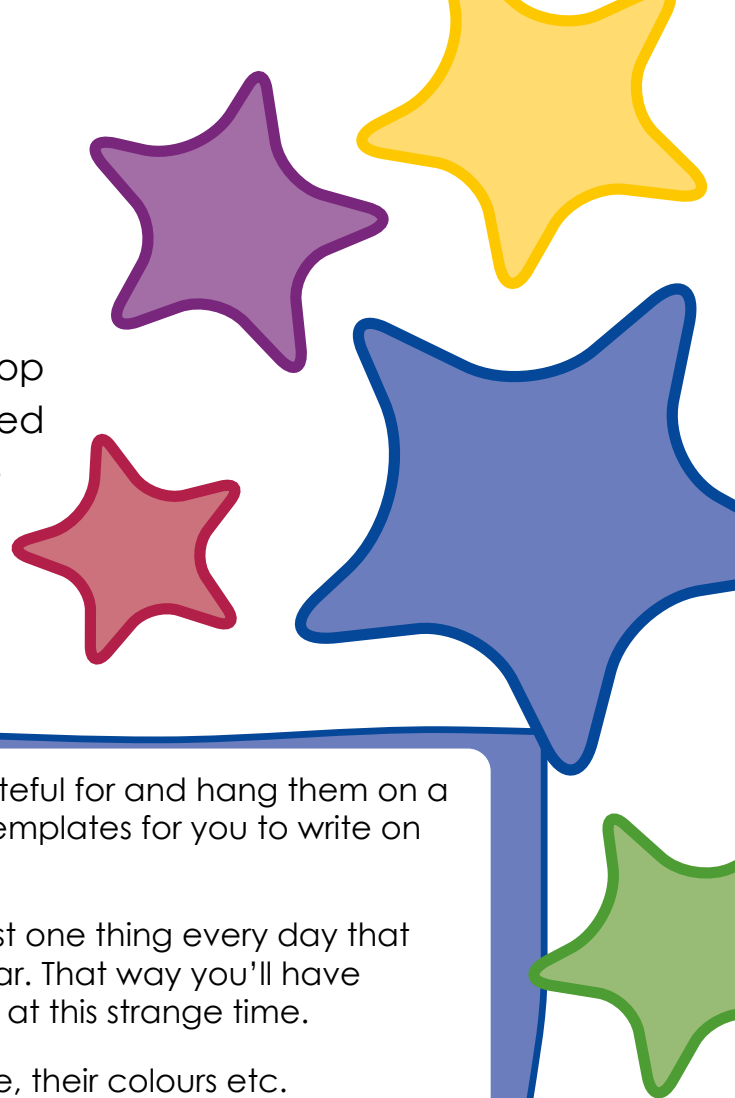


Take notice

Paying more attention to your surroundings can help keep your mind grounded and stop it getting carried off by spiralling uncontrolled thoughts and worries. Focusing on the here and now can be a powerful way to help deal with anxiety.

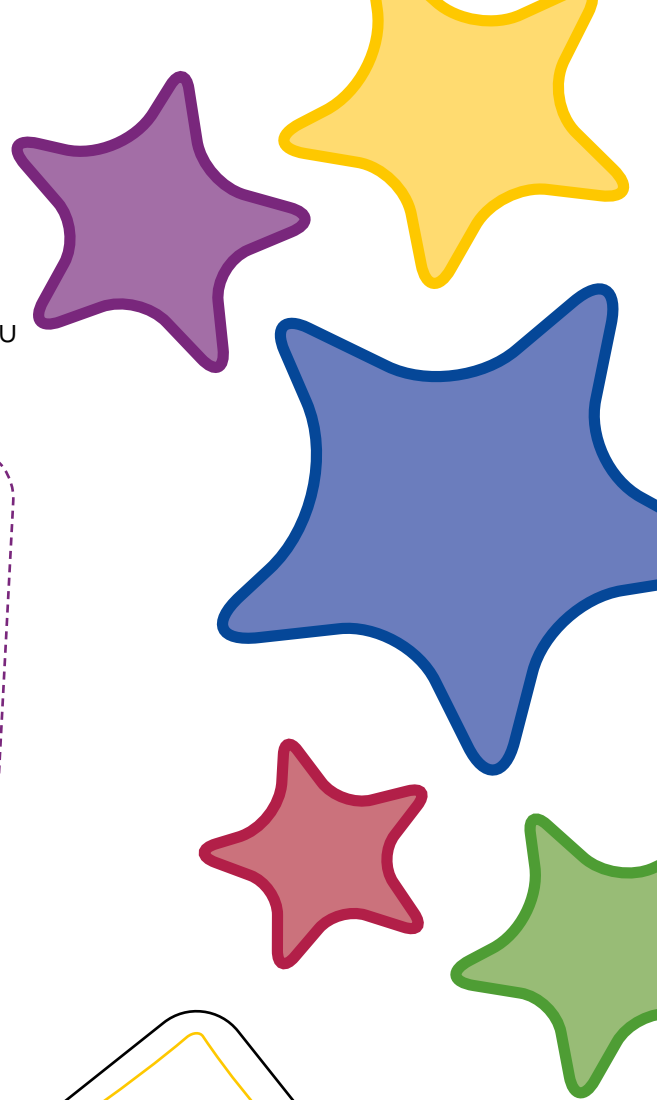
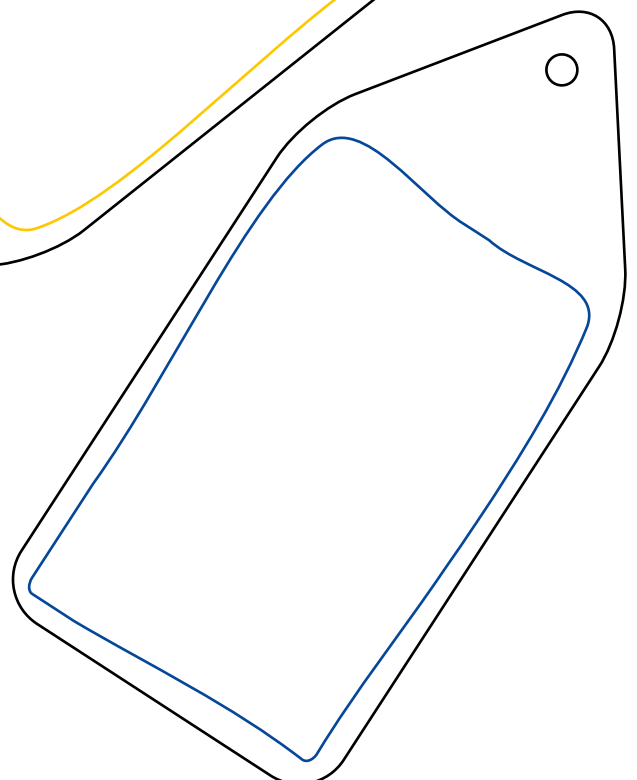
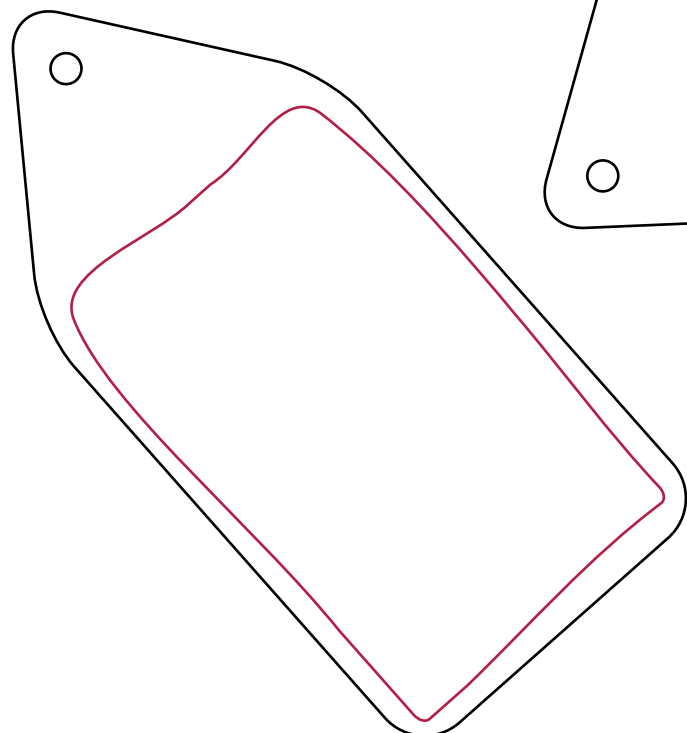
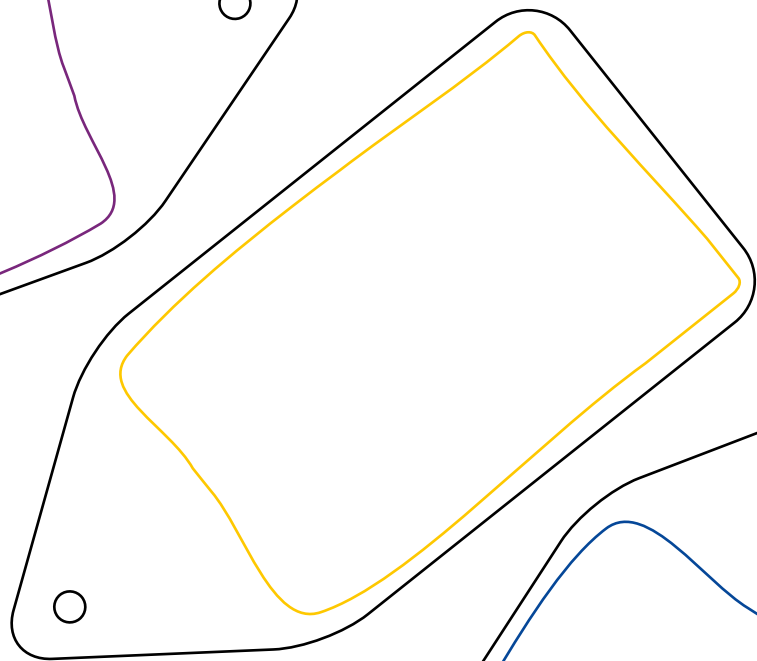
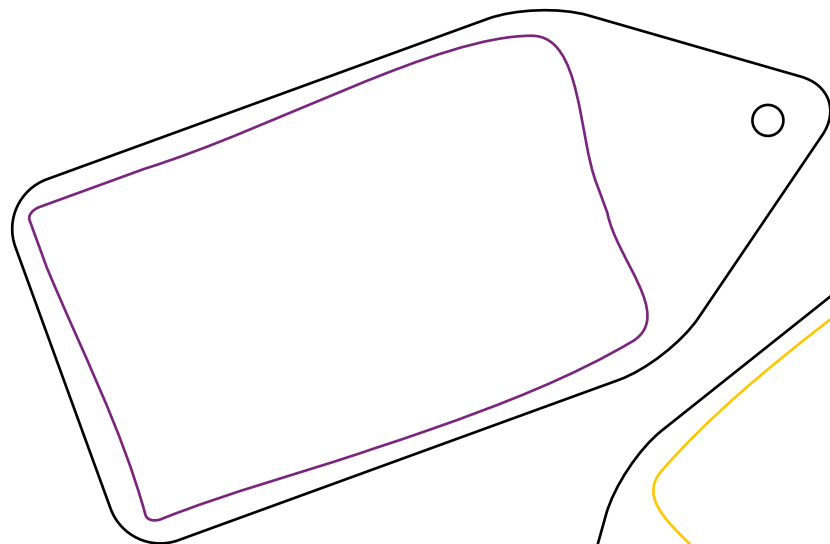
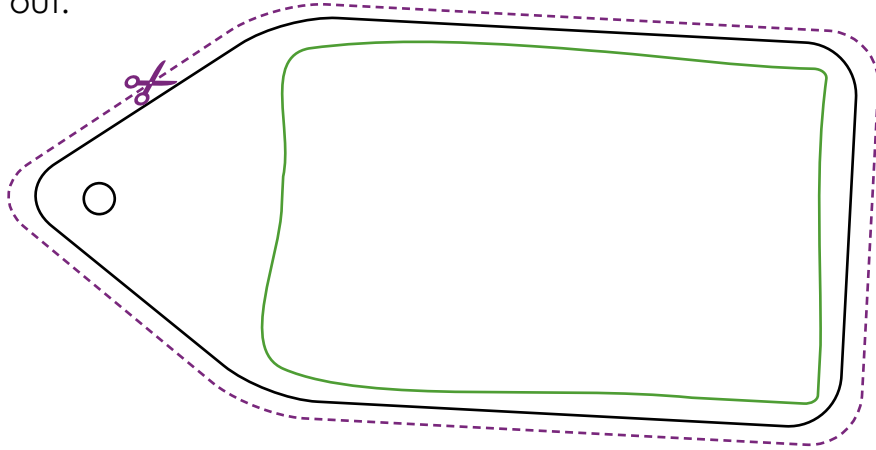


- Write on luggage tags what you are grateful for and hang them on a 'gratitude tree'. See [page 19](#) for some templates for you to write on and cut out.
- Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar. That way you'll have some positive memories to look back on at this strange time.
- Blow bubbles and watch how they move, their colours etc.
- On your permitted walk outside, look to see what animals or creatures you can spot – don't forget to look down as well as forward and up!
- Take notice of how you are feeling. Let your family know by using our 'feelings chart' on [page 20](#).
- Look up to the sky and find funny shapes in the clouds.
- Take some quiet time out and do some colouring in. See [pages 21 and 22](#) for our very own colouring pages.
- Stop for a few minutes and really concentrate on listening to the birds sing (download a British birdsong app to help you identify the different calls).
- Try a blindfolded taste test of various foods from your kitchen cupboards – really concentrate on the different flavours and textures.
- Take a moment to study your reflection and try to find three things that are similar and three things that are different to a friend or family member.
- Try to notice one thing that makes you feel excited and one thing that makes feel calm and relaxed.
- Do our 'wellbeing' scavenger hunt on [page 23](#).



Gratitude tree

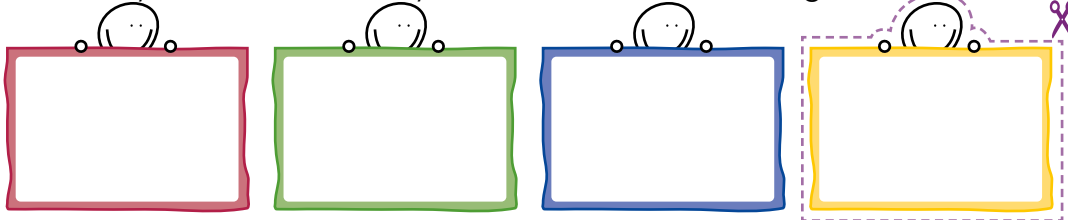
Write on luggage tags what you are grateful for and hang them on a 'gratitude tree'. We have provided you with some templates below for you to write on and cut out.



Feelings chart

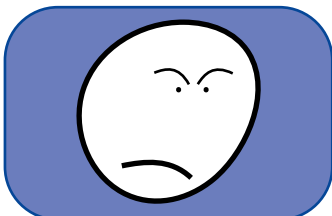
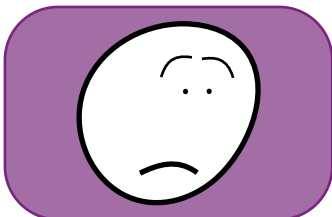
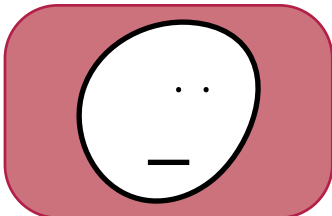
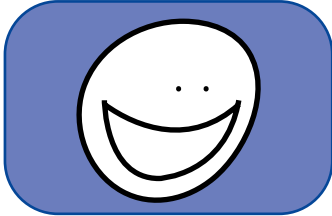
Sometimes it's easier to show how you are feeling by a picture rather than words, so we suggest that you put a chart like this one up where everyone in your family can see and all take time out in the day to update it. Our chart is just a suggestion - why not create your own? Please see our note on [page 23](#) for advice if you need to talk to your child about their feelings.

Name tags - Cut these out and make sure everyone in your family has one



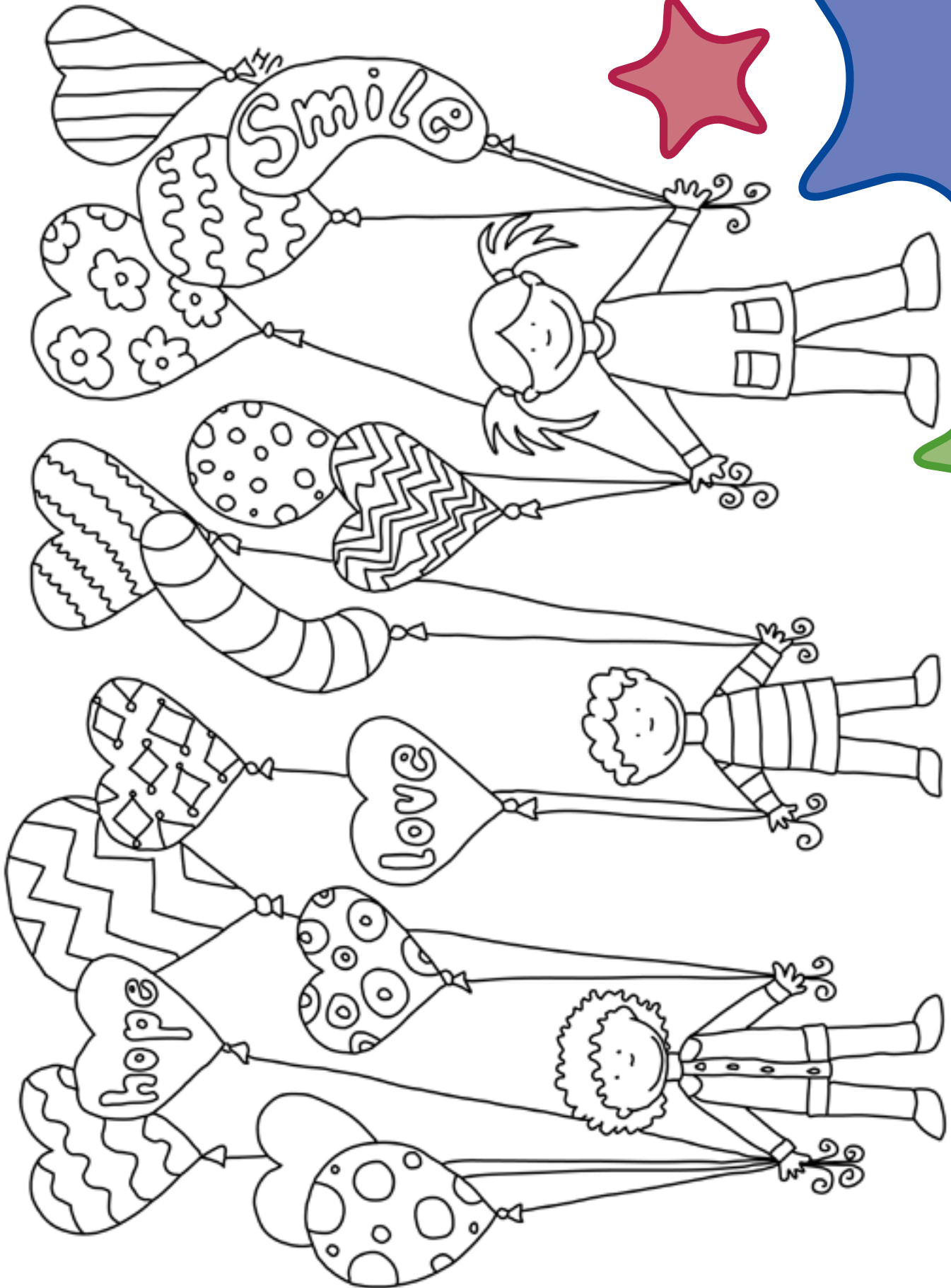
Feelings

Which one are you today?



Colouring in

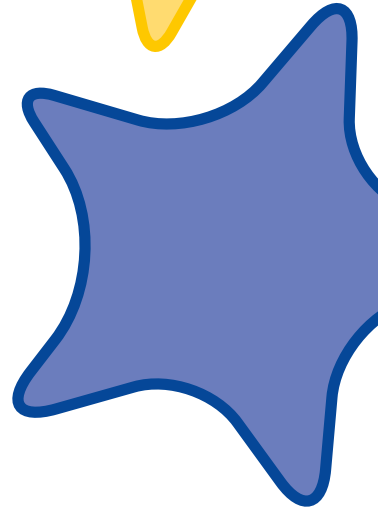
Take some quiet time out and do some colouring in.



CWMT Wellbeing challenge 2020

Colouring in

Take some quiet time out to do some colouring in.



'Wellbeing' scavenger hunt

Here's a scavenger hunt with a difference! It's all about wellbeing and thinking about what helps us to feel happy, calm and positive. Feel free to add other items to this list, such as something that reminds you of other family members – grandparents, aunts, uncles, cousins – or a special friend, teacher or pet. You could also make it an activity for the whole family and turn it into a 'show and tell' session. You might find each other's items inspiring!

Wellbeing scavenger hunt

- Something that makes you happy
- Something that makes you feel calm
- Something that makes you laugh
- Something that reminds you of Mum/Dad
- Something that helps you sleep
- Something that makes you think of love
- Something that makes you think of your friends

For parents/carers

Sometimes thinking about feelings may bring up more challenging emotions for children and it may be helpful for parents/carers to talk about these with them. You can find some guidance on this from our experienced mental health trainers on our website: www.cwmt.org.uk/talking-about-feelings.

Quiz answers

Round one - 1. 6, 2. 4, 3. 1000, 4. 3, 5. 6, 6. 72

Round two - 1. Tuba, 2. Egypt, 3. Water, 4. Equator, 5. Jupiter, 6. Red, blue, yellow

Round three - 1. Olaf, 2. Hedgehog, 3. Bear, 4. Carpet, 5. Hedwig, 6. 101 Dalmations

Round four - 1. Wild dog, 2. Herbivore, 3. Blue, 4. Bamboo, 5. Tiger, 6. Cheetah

References:

- www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people
- www.mentalhealth.org.uk/sites/default/files/the_lonely_society_report.pdf
- www.campaigntoendloneliness.org/the-facts-on-loneliness/

W	E	L	L	B	E	I	N	G	K	D	F
O	W	K	E	P	D	R	C	D	C	U	N
B	C	N	R	L	E	A	R	N	Q	C	O
G	O	B	V	T	R	W	J	X	O	K	T
P	N	T	F	F	R	I	E	N	D	S	I
V	N	F	A	J	R	F	L	F	E	H	C
Q	E	I	C	G	H	A	P	P	Y	G	E
R	C	A	T	R	O	M	A	F	J	W	V
L	T	P	I	G	W	I	T	M	L	Y	F
K	R	T	V	L	P	L	U	I	C	A	N
G	I	V	E	E	G	Y	V	J	I	H	K
M	N	Q	G	J	S	R	O	B	T	O	F
E	K	I	N	D	N	E	S	S	Y	D	U