

MINDFULNESS AND RELAXATION **BINGO**

During the next few weeks there are some simple things you can do to help you take care of your wellbeing - both physically and mentally. Doing so will help you to relax and make sure you are able to look after yourself and those you care about.

It has never been more important to look after one another and be patient with each other. Therefore, over the next two weeks we would like you to complete as many of the activities on the grid below and no fewer than six. Ask others in your household if they would like to join in so everyone can reap the benefits! For each row you complete you will receive 1HP (rows can be horizontal and vertical but not diagonal).

Please ask your parents/carers permission before completing some of the activities and when you have completed an activity get them to sign the box. Remember when completing these activities think about how they make you feel. You may wish to make some of them part of your daily routine.



MINDFULNESS AND RELAXATION BINGO GRID

Bake something delicious. Ask permission first.	Stay up late one night and look at the sky out of a window or in your garden. What can you see, hear, smell? Ask permission first.	Breathe in like you are smelling sweet, hot chocolate. Breathe out like you are blowing your hot chocolate. Do this for 2 minutes.	Take joy in creating some art or doing a craft activity.	Play a board game with your carers/family.
Read a book or magazine. Talk to someone about what you learnt or found out.	Close your eyes and think of one of your favourite memories. Spend time thinking about this memory. Why is it so special?	Pick an area of the house (not your bedroom) that you could give a 'spring clean'. Ask your parents/carers for permission first.	Complete some colouring.	Give yourself a tight hug, do this for 10 seconds. Now give someone in your house a tight hug. Do this for 10 seconds.
Have a bubble bath. Blow the bubbles and watch them gently float. Listen to the water running.	Complete a nature survey around the garden, if you have one, or open your window and see what wildlife you can spot.	Jump up and down then relax with your hand on your heart. Feel your heartbeat. Listen to your breath.	Watch a movie (or have a movie marathon)!	Play a card game with someone in your household. Can you learn a new card game?
If you have internet access visit the wildlife trusts' website and look at their 'Stuck at Home?' section. (If not, can you create a butterfly painting).	Balance on one foot while keeping your gaze on something else. How long can you hold your balance?	Complete a short exercise routine on your own or with someone in your house.	Dedicate 15 minutes to listening, and singing if you like, to your favourite songs or musicians.	Can you learn a poem off by heart. Can your parents/carers help you?
Do some gardening if you have a garden. If not, can you draw a picture inspired by your favourite plants, flowers and wildlife? Or Can you cloud gaze out of your window?	Lay down flat with your favourite teddy or toy on your belly. Breathe in and out. Can you feel your teddy or toy move.	Dance! If you have internet access, complete a JustDance Video from Youtube with members of your household. If not, create your own routine.	Build a den either in your garden or in your house.	Give your bedroom a 'spring clean'.