

Homework

We have thought about many ways in which we can keep our bodies fit and healthy, but it is just as important to keep our minds fit and healthy. Your task this week is to see how many of the activities in the list below you can complete. Once you have tried the activities, think about which was your favourite for calming down and which you enjoyed the most. Is there something else that you do to help to keep your mind healthy that you could add to our list? I look forward to hearing about it next week.

1. **Be Mindful**...try sitting still for 1 minute, maybe close your eyes and listen to your breathing. Think about how your body feels. Can you increase this to 2 minutes? 5 minutes? How do you feel afterwards?
2. **Mindful eating**...when you are having a snack or a meal, take the time to think about what you're eating. How does it look? How does it smell? Is it colourful? Why are you eating it? What flavours can you taste? What is the texture like?
3. **S-T-R-E-T-C-H**...when you wake up the morning, take 5 minutes to stretch different parts of your body, to help them to wake up and be ready for the day ahead.
4. **Go outside**...whatever the weather, try to spend some time outside each day. Go for a walk; play in the garden; ride your bike or scooter; try a welly walk in the woods; help to wash the car (with permission from your grown-up!)
5. **Switch off**...avoid using screens, especially close to bedtime. Turn off iPads/tablets/laptops/phones/X-Boxes/televisions and try a different activity...what could you do instead?
6. **Talk**...share with your family how you feel each day. Talk about what you have done and what was good about it.
7. **Hydrate**...we talk about the importance of drinking water to help our bodies and brains. If you don't normally finish your bottle of water each day, challenge yourself to do it. If you do normally finish it, can you drink a bit more?
8. **SLEEP**...this is VERY important for our brains. Do you get enough sleep now? If you do, great! If you think it could be better, have a think about your bedtime routine, what could YOU do to make it even better and make sure that you get a really good night's sleep?

I hope you enjoy the different activities and really give each one a good try - maybe you will start up some new, healthy habits!