

keep
POSITIVE
thinking



reach
for the
Stars!

MINDFUL ACTIVITIES

**YOU
got
this**



BELIEVE IN
YOURSELF

oh what
FUN

enjoy!

NEVER
Give up

KEEP
ON GOING

You
Can!

YOU
matter

love
wins

Random Acts of Kindness performed by: -----



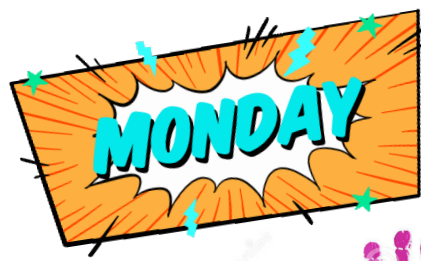
| | | | | | | |
|--|-----|---------------------------------|--|-----|-----|--|
| 1. | 2. | 3. | 4. | 5. | 6. | 7. |
| 8. | 9. | 10. Give your parents a hug. | 11. | 12. | 13. | 14. |
| 15. | 16. | 17. | 18. | 19. | 20. | 21. Draw a nice picture for one of your neighbours. |
| 22. | 23. | 24. | 25. | 26. | 27. | 28. |
| 29. Write a nice note and leave it for someone to find. | 30. | 31. | <p><i>No act of kindness is too small. The gift of kindness may start as a small ripple that over time, can turn into a tidal wave, affecting the lives of many.</i> - Kevin Heath</p> | | | |



"Kindness is a gift, everyone can afford to give."



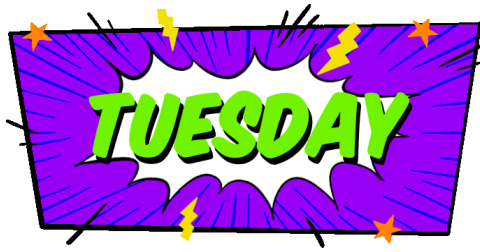
Random Acts of Kindness Ideas



1. TELL YOUR PARENTS YOU LOVE THEM.
2. DRAW A NICE PICTURE FOR ONE OF YOUR NEIGHBOURS.
3. TELL SOMEONE YOU ARE HAPPY TO SEE THEM.
4. READ A BOOK TO YOUR PARENTS OR SIBLINGS.
5. LEAVE A NICE MESSAGE OR NOTE FOR ONE OF YOUR NEIGHBOURS.
6. WRITE A THANK YOU NOTE FOR YOUR PARENTS.
7. MAKE A DRINK OR A SNACK FOR SOMEONE AT HOME.
8. CLEAN YOUR ROOM.
9. HELP YOUR PARENTS TIDY UP.
10. TELL A JOKE TO MAKE YOUR FAMILY LAUGH.
11. SAY SOMETHING NICE TO SOMEONE.
12. SAY THANK YOU TO YOUR PARENTS FOR MAKING DINNER.

Active, Healthier, Happier!





Growth Mindset

Things I must let go off...

I just can't do this.

I will never be smart.

Plan A didn't work.

I am not good at this.

I can't make it any better.

I give up.

Things I can work on...

I am going to train my brain.

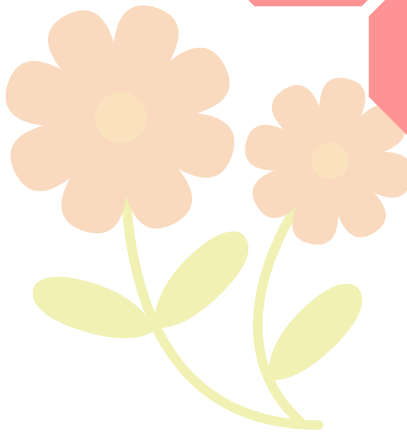
I can learn how to do this.

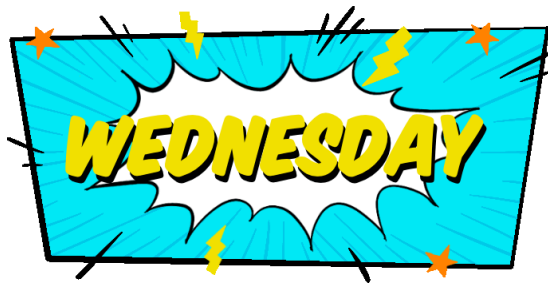
I can try plan B.

What am I missing.

I can keep trying.

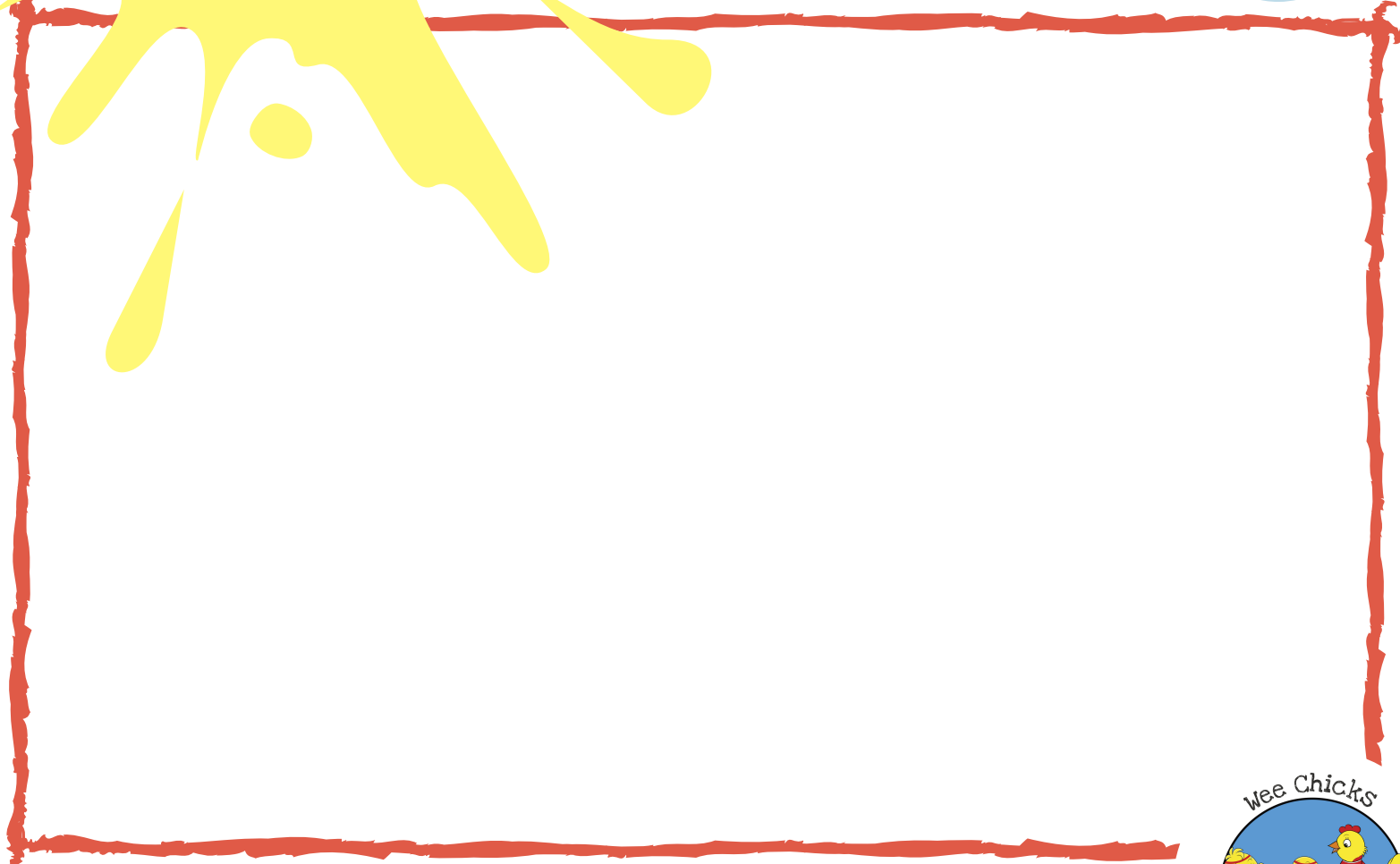
I will try after a break.





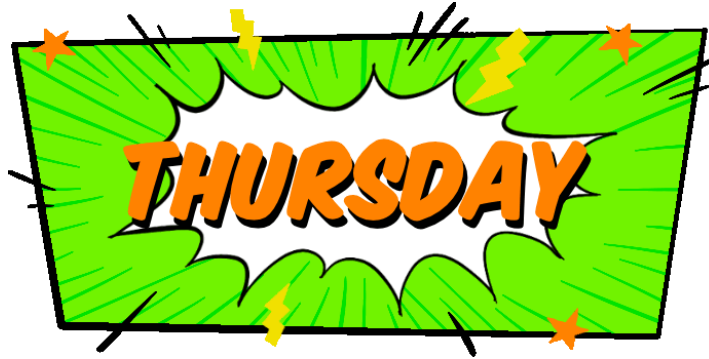
Think about your favourite place in the world to visit.

Can you draw it below?



How did it make you feel when you were here?





Gratitude Focused Drawing

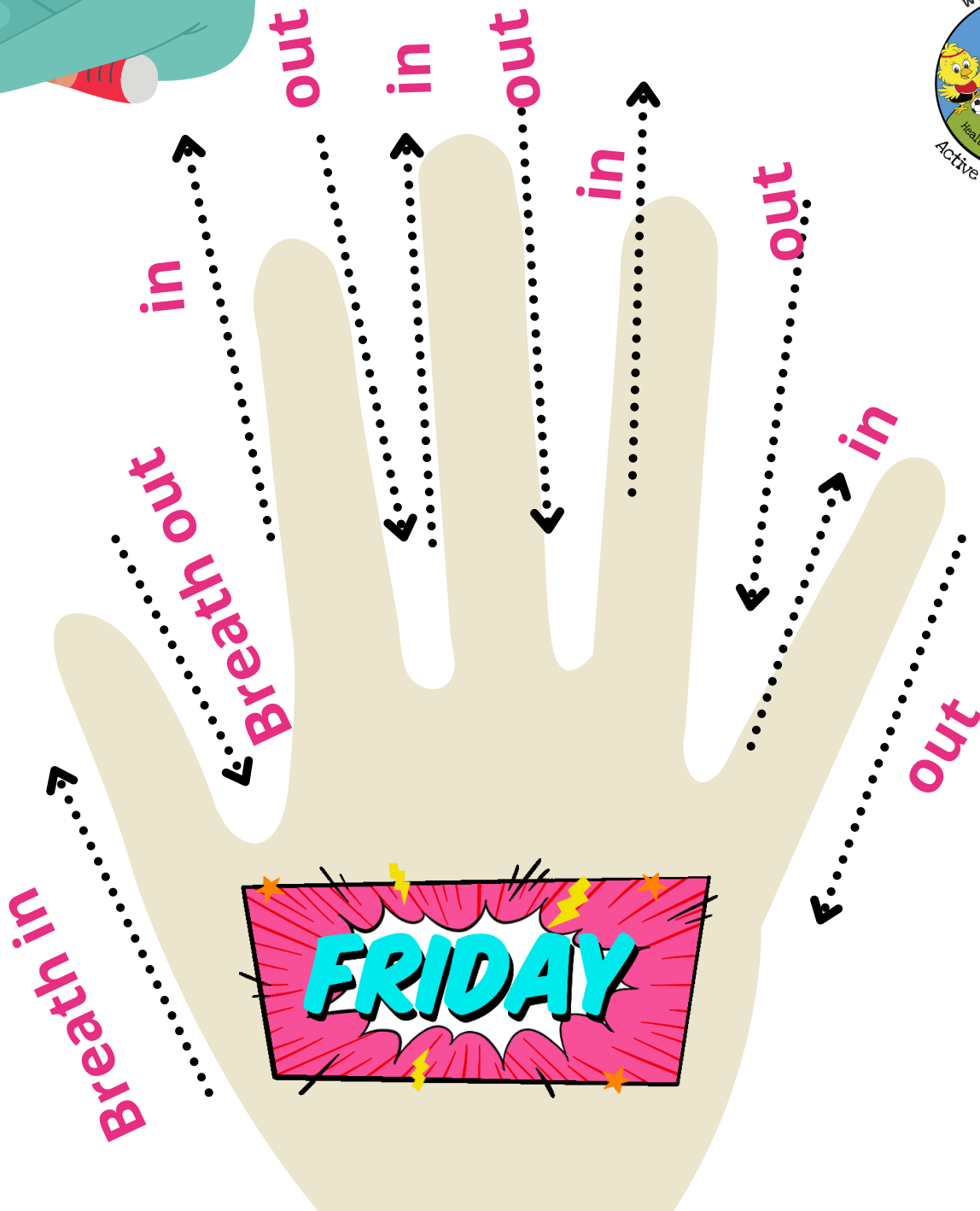
1. Draw something that makes you feel **happy**.
2. Draw something that you wouldn't want to **live without**.
3. Draw someone you **love**.
4. Draw someone who **helps you a lot**.
5. Draw something that always makes you **smile**.
6. Draw your **favourite place** in the world.
7. Draw your favourite **toy**.
8. Draw your favourite **food**.
9. Draw something you think is **fun**.
10. Draw something that makes you **feel good**.
11. Draw something that makes you **laugh**.



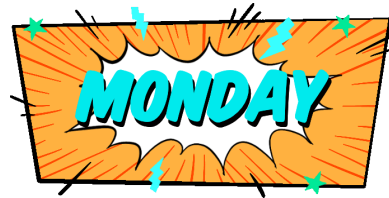
Let It Go Fridays

Find a quiet place.

When breathing in close your mouth & breath in through your nose. Fill your lungs and slowly breath out through your mouth.



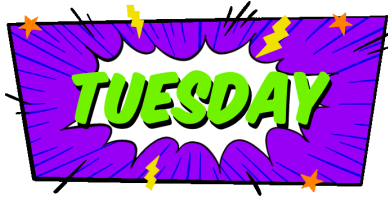
Random Acts of Kindness Ideas



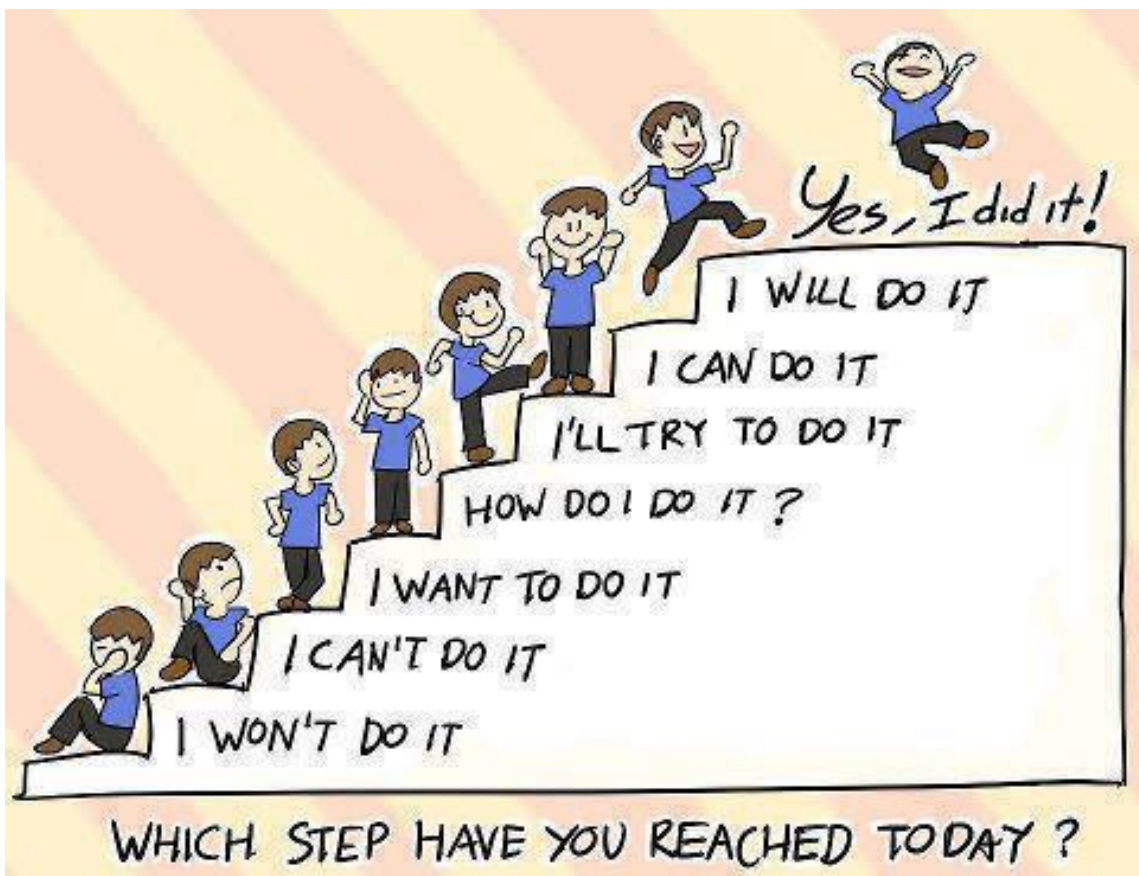
1. INVITE SOMEONE NEW TO PLAY WITH YOU.
2. WRITE A NICE NOTE FOR A FRIEND.
3. GIVE A FRIEND A COMPLIMENT.
4. WRITE A NICE NOTE TO YOUR TEACHER.
5. GIVE YOUR TEACHER A COMPLIMENT
6. WRITE A NICE NOTE TO YOUR PARENTS.
7. HELP YOUR PARENTS AROUND THE HOUSE.
8. THANK YOUR PARENTS FOR MAKING YOUR DINNER.
9. HOLD THE DOOR OPEN FOR SOMEONE.
10. GIVE A FRIEND A HUG.
11. DRAW A NICE PICTURE FOR SOMEONE.
12. SAY GOOD MORNING TO YOUR PARENTS AND TEACHERS.
13. CHEER UP A FRIEND WHO IS SAD.
14. READ A BOOK TO A FRIEND.
15. HELP CLEAN UP IN THE CLASSROOM.
16. HELP CLEAN UP AROUND YOUR HOUSE.
17. GIVE YOUR GRANDPARENTS A PHONE CALL.
18. MAKE SOMEONE A CARD.
19. SAY THANK YOU TO YOUR PARENTS FOR DOING A GOOD JOB.
20. WRITE A NICE NOTE AND LEAVE IT FOR SOMEONE TO FIND.
21. ASK YOUR TEACHER OR PARENTS CAN YOU HELP WITH ANYTHING.

Active, Healthier, Happier!

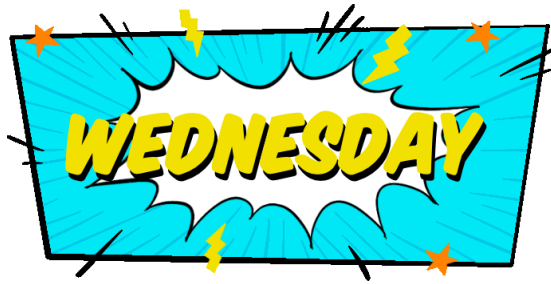
Growth Mindset



Have a chat with someone at home about what went well today. Write it in the space below or draw a picture.

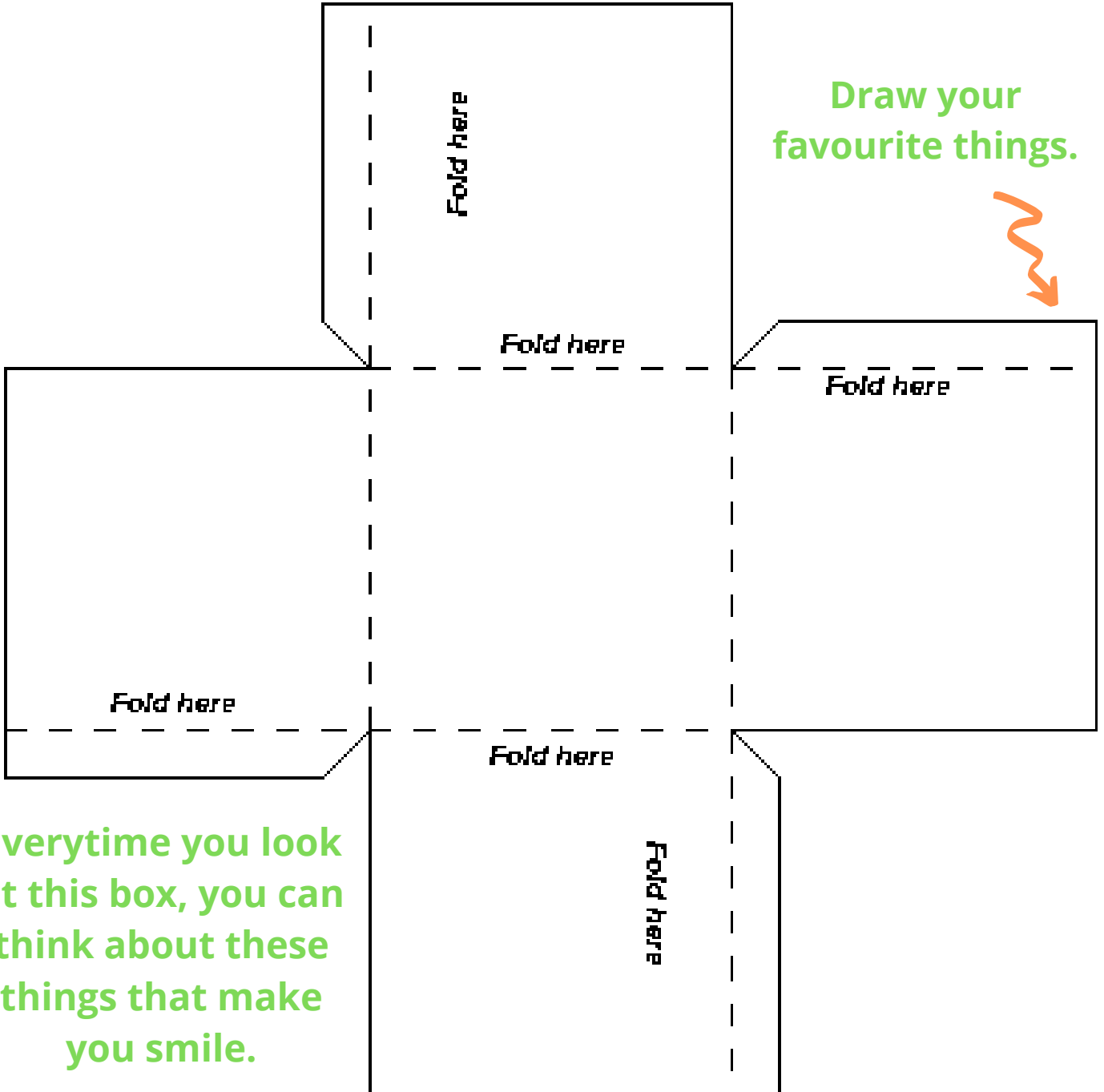






MY REFLECTIVE BOX

Draw your favourite things.



Everytime you look at this box, you can think about these things that make you smile.



THURSDAY



Think about differnt people, things, places, food etc. that you are grateful for. Write them on a piece of paper and put them in an empty jar. You can look at these whenever you are feeling down.



Let It Go Fridays

What are some anxious thoughts that you need to let go?





Random Acts of Kindness



Tick when completed



Draw a nice picture for someone.

Completed



Tidy your room without being told.

Completed



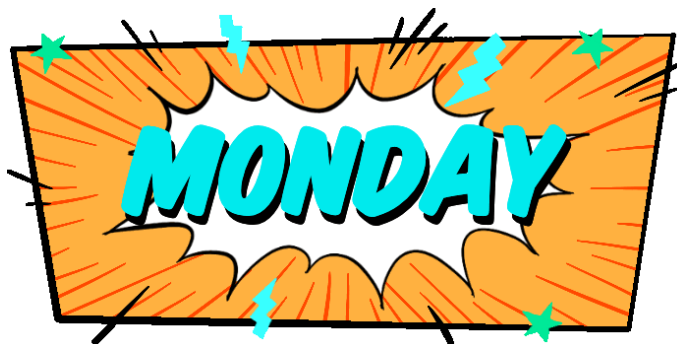
Make a nice gift for someone.

Completed



Use chalk to write positive messages outside your house.

Completed



Growth Mindset



Write down 3 things that you can do.
Write down 1 thing you would like to
do but can't yet.

I can _____

I can _____

I can _____

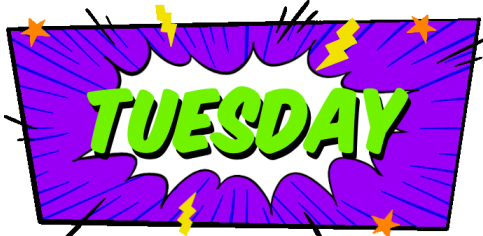
I can't _____

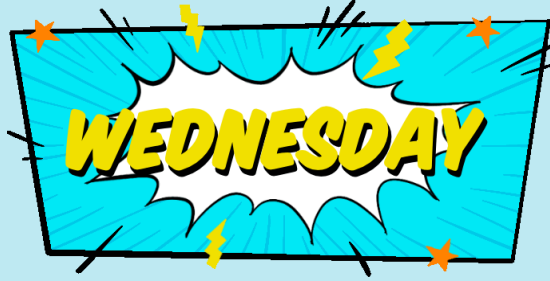
YET!

YOU!
CAN!

Do you need help to be able to do this?
A bit of practice or support will help.

YOU CAN
DO IT!





CALMING

Strategies



Have a "home spa"
- moisturise, light
some candles &



Enjoy nature.



Read a book.



Watch your
favourite movie.

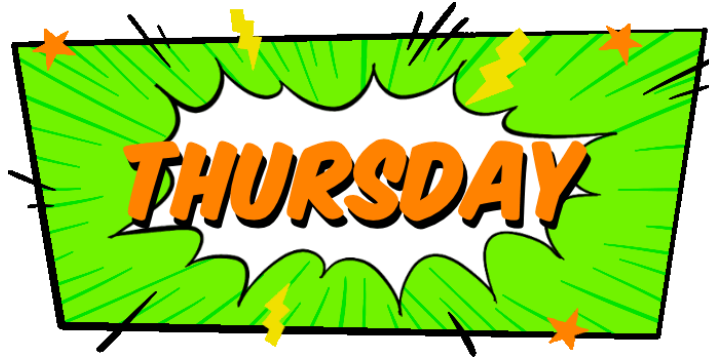
Bake something
you love.



Take a nice
relaxing bath.



Call your family
members.



Gratitude Game

Want to help your kids learn about gratitude? Play the **Gratitude Game** with them. It's a fun game that the whole family will enjoy!



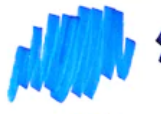
Name a person you are thankful for.



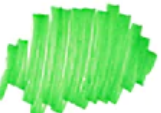
Name a place you are thankful for.



Name something inside you are thankful for.



Name something outside you are thankful for.



Name a food you are thankful for.



Name something fun you are thankful for.



Let It Go Fridays *Scribble it away.*



Get a page , some pensils or crayons
Scribble all your worries
from the week away

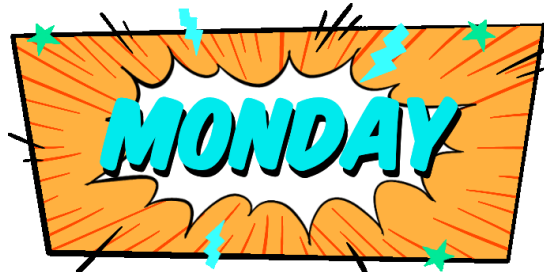


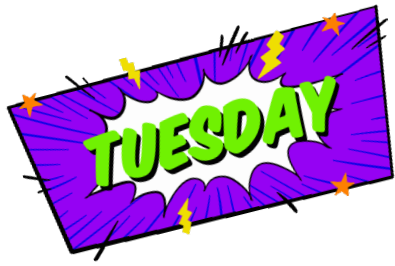
Random Acts of Kindness



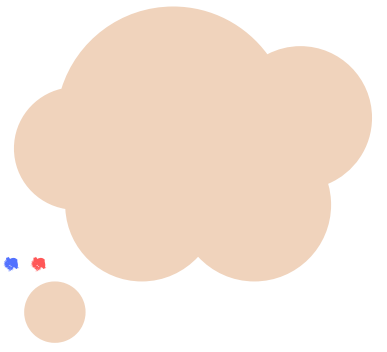
List 10 things you love about your parents and give this to them.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

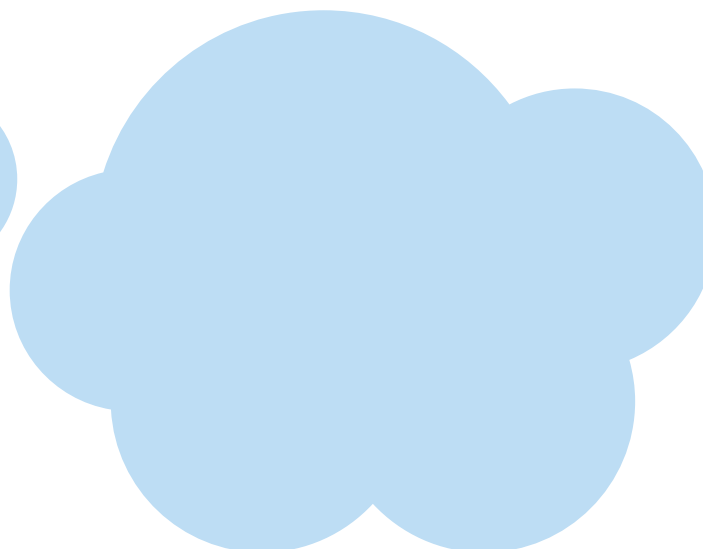
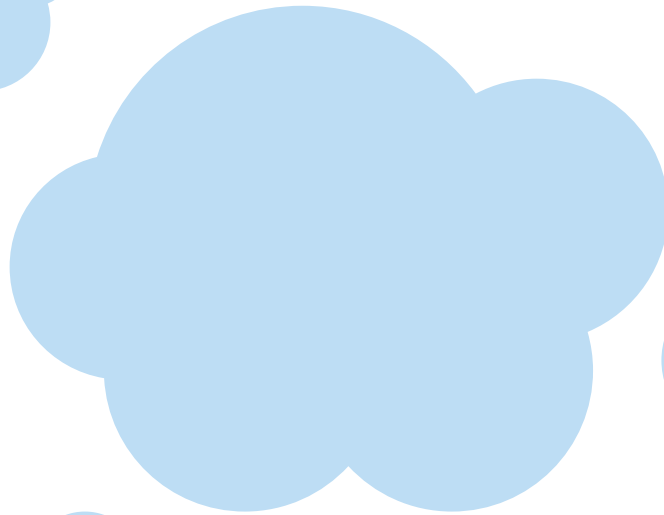


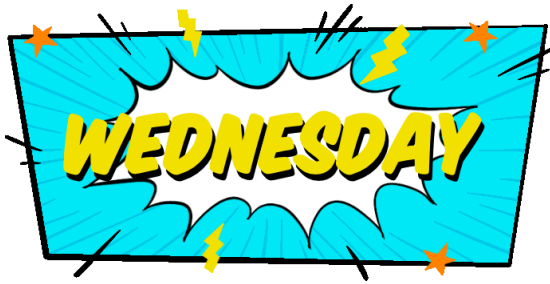


HELPFUL THOUGHTS...



Think of a situation that makes you feel nervous or anxious write this in the bubble above. In the thought bubbles, write down a few helpful, positive thoughts that will make it easier.





DAILY REFLECTIONS

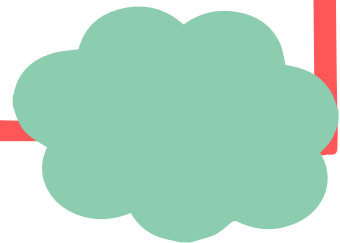


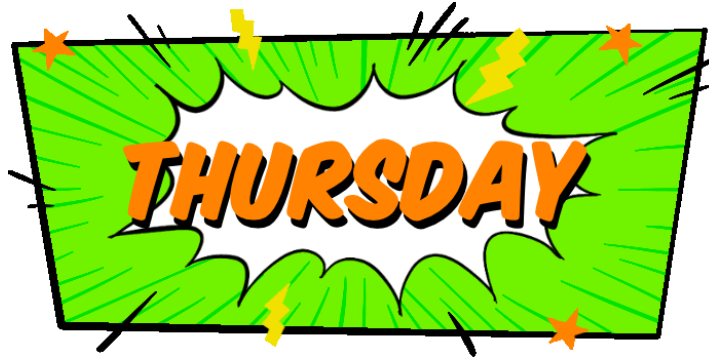
What was the best thing that happened today?

What are you looking forward to tomorrow?



What didn't go so well today?





Gratitude Scavenger Hunt

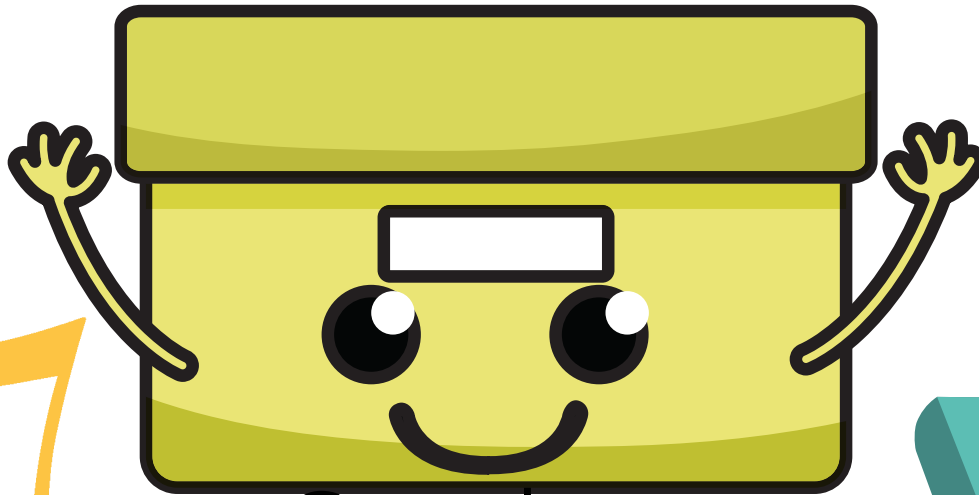


1. Find something that makes you **happy**. Why does it make you happy?
2. Find something that you can give to someone else to make them **smile**. What will make them smile?
3. Find one special thing that you love to **smell**. What is that smell? Can you describe it?
4. Find one thing that you enjoy **looking at**. Why do you like looking at this?
5. Find something that's your **favourite colour**. Why is this your favourite colour?
6. Find something that you are **thankful or grateful of**. Why are you grateful for this?
7. Find something that you can use to **make a gift** for someone else. What will you make for them?
8. Find something that is **useful** to you. Why do you find it useful?

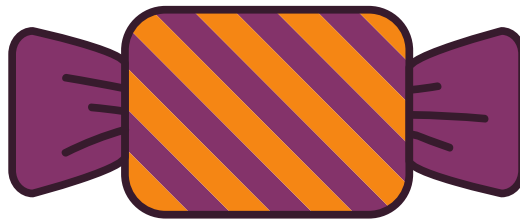




Let It Go Fridays *Create a Happy Box*



Get a box



Get a box add in
List of your favourite Music
Your favourite Photos
List of your favourite Movies
Your Favourite Toy, treat & Book



@weechicksfitness



ACTIVE, HEALTHIER, HAPPIER