

MINDFUL EBOOK

4 week activity book







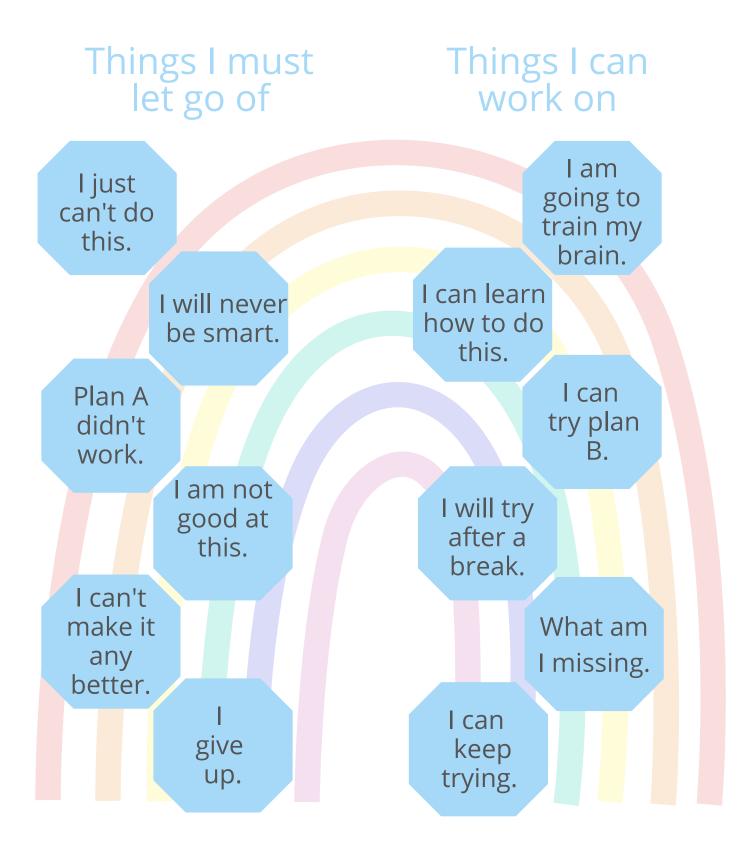




TELL YOUR PARENTS YOU LOVE THEM
 DRAW A NICE PICTURE FOR A NEIGHBOUR.
 TELL SOMEONE YOU ARE HAPPY TO SEE THEM.
 READ A BOOK TO YOUR PARENTS/SIBLING
 LEAVE A NICE NOTE FOR YOUR NEIGHBOUR.
 WRITE A THANK YOU NOTE FOR YOUR PARENTS.
 MAKE A SNACK FOR A FAMILY MEMBER
 CLEAN YOUR ROOM.
 HELP YOUR PARENTS TIDY UP.
 TELL A JOKE TO MAKE YOUR FAMILY LAUGH.
 SAY THANKS TO YOUR PARENTS FOR DINNER.

Active, Healthier, Happier!

Tuesday Growth Mindset





Wednesday REFLECTIVE DRAMAG



How did it make you feel when you were here?

ThurSday 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. <mark>Draw y</mark>our favourite toy.
- 8. Draw your favourite food.
- 9. Draw something you think is fun.
- 10Draw something that makes you feel good.
- 1 1 Draw something that makes you laugh.

Let It Go Fridays

Find a quite place.

When breathing in close your mouth & breath in through your nose. Fill your lungs and slowly breath out through your mouth. Let your worries go from the week.

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- 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.<mark>GIVE A</mark> 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.

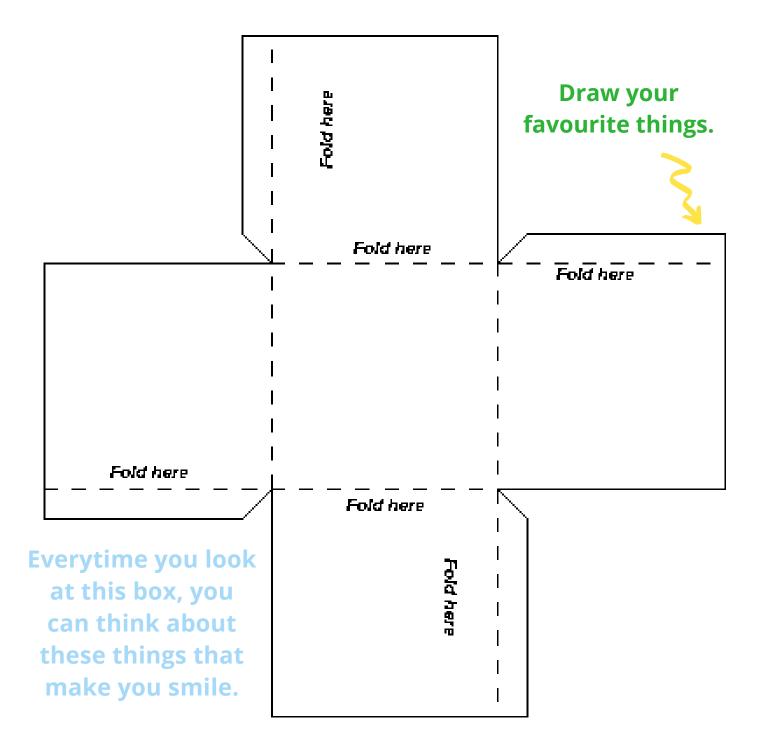
Active, Healthier, Happier!

Tuesday Growth Mindset

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



Wednesday My REFLECTIVE BOX



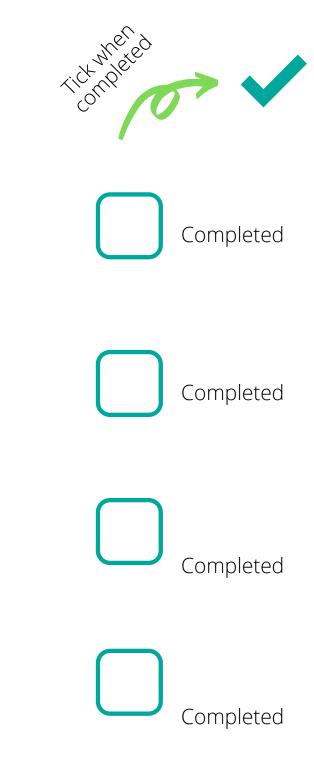
Thursday

Think about different 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? Write them in the balloons





Draw a nice picture for someone.



Tidy your room without being told.

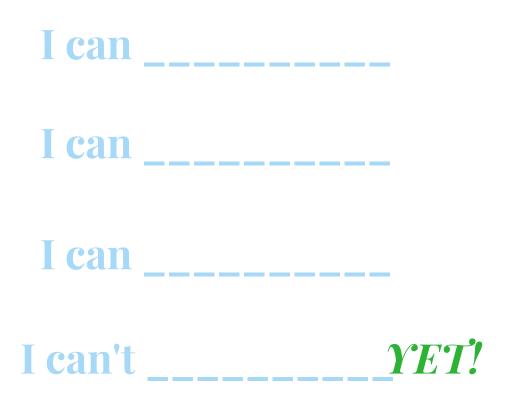


Make a nice gift for someone.

Use chalk to write positive messages outside your house.

Tuesday Growth Mindset

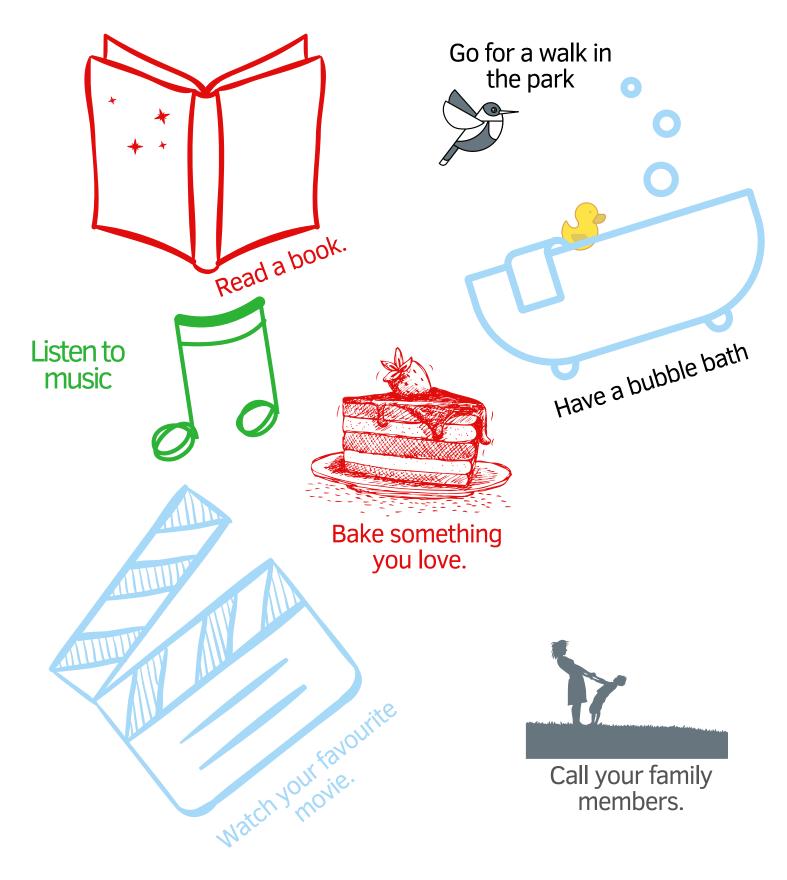
Write down 3 things that you can do. Write down 1 thing you would like to do but can't yet.



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







Thursday Gratitude Game

Pick 6 coloured pencils matching the colours below. Play with a friend or parent. Each choose a colour and answer the question!



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.

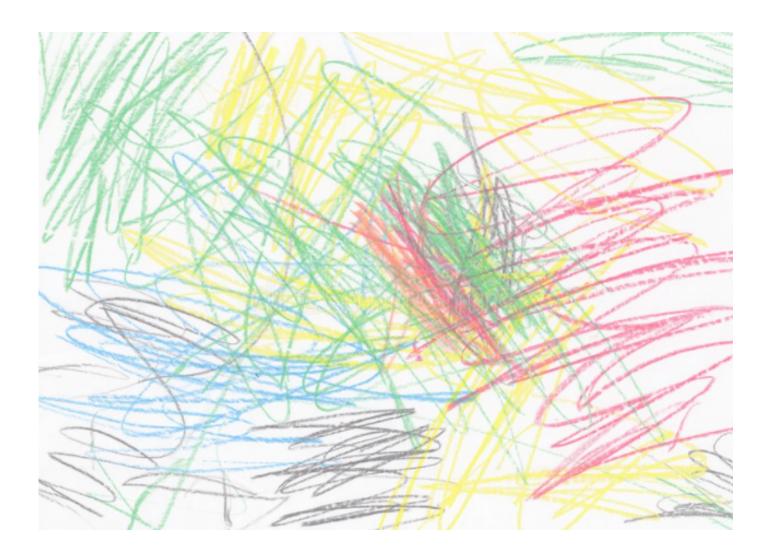
Name a food you are thankful for.

Name something fun you are thankful for.



Let It Go Fridays

Scribble your worries away.



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

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

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Tuesday Helpful Thoughts...

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



Wednesday Daily Reflections

What was the best thing that happened today?	What are you looking forward to tomorrow?
What didn't go So well today?	





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

We hope you enjoyed your activities



Wee Chicks is Social Enterprise based in North Belfast. We provide childcare services and promote positive mental health within our community.



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