

Take Notice Tuesday



Take notice, being aware and mindful is associated with positive mental health and wellbeing

- Take time to notice and appreciate nature, everyday life and moments
- Be aware of the world around you and how your body responds to this and what you are feeling
- Pause and reflect – think about what you are grateful for.

3



Take notice with 'new eyes' noticing everything on your daily walks. See what you can see and hear.

1

Get children to visualise where their happy/safe place is. This can be somewhere in the house or in their imagination. Getting them to talk about it and describe it to you is a good way to think about how it makes them feel. A drawing of it can be kept and used as a visual reminder for when it is needed.



2

BOOK SCAVENGER HUNT

- Find an animal in a book.
- Find the word spring in a book.
- Find someone helping someone in a book.
- Find a picture of a sun in a book.
- Find a book that makes you laugh.
- Find a bug in a book.
- Find someone sleeping in a book.
- Find a character eating in a book.
- Find a pet in a book.
- Find a cat in a book.
- Find a superhero in a book.
- Find a bike in a book.

