

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.

1

Think about how you're feeling and your worries. Write them on a wall and knock it down. <https://www.childline.org.uk/toolbox/games/wall-of-expression/>



2

Think about your breathing especially when feeling anxious.



3

Listen like an owl activity from https://www.thebugsgroup.com/wp-content/uploads/2020/04/bugs_owl_hearing.pdf

Listen Like An Owl!

