

# 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.

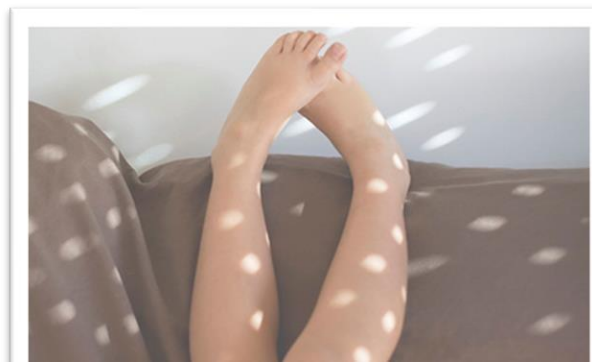
1

MINDFUL HAND WASHING from Relax Kids. Notice your breath, connect with the water. Think about its source. Notice the feel of the water on each part of your hands and the smell of the soap. Say positive affirmations. Notice how it feels when you are drying them. You will feel recharged by slowing down.



2

Grab a blanket and a pillow, take a seat with your side against the wall and enjoy some time out. Roll onto your back, slide your legs up the wall, arrange the pillow under your head and drape the blanket over you for comfort. Now let your body flop and drop, the whole length of your legs held by the wall. There is nothing to be done right now and nowhere else to be.



3

The Safari exercise is a great way to help kids learn mindfulness. This activity turns an average, everyday walk into an exciting new adventure.

Tell your kids that you will be going on a safari: their goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest, and they'll need to focus all of their senses to find them, especially the little ones

