

Take Notice Tuesday

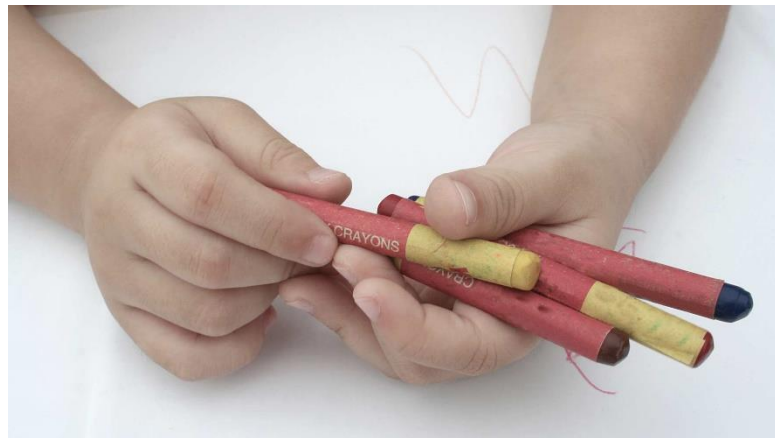


Take notice, being aware and mindful is associated with positive mental health and wellbeing

- 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

Close your eyes and place an object in your hand, e.g a pencil. Think about how heavy the object is, how it feels in your hand. Try another object. Open your eyes and look closely at it, notice how it looks.



2

Get your child to smooth a feather over their face, ask them how it feels. Now get them to move it over their arms. This is a lovely calming activity.



3

Practice mindfulness breathing by blowing a feather and watch it float. See how long it can be kept in the air by blowing underneath it and repeating the blowing.

