

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 your happy place. Or build your own virtual happy/calm place. You can escape to this whenever you need to or build a visual picture in your head for future.

<https://www.childline.org.uk/toolbox/games/build-your-happy-place/>



Build Your Happy Place

2

Take a moment to think in the moment. Drop a feather and watch it float, think about the feelings you have.

Ask someone to drop a feather and watch it very closely as it floats to the ground.

Listen carefully to a piece of music and draw a line on a piece of paper which matches the feeling created by the music.



3

Lie down on the group or look out of the window. Whilst looking at the clouds, what images can you make from the clouds above?

