

# 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

Try this 'my happy rainbow' from Yoga Bugs  
[https://www.thebugsgroup.com/wp-content/uploads/2020/02/Bugs\\_rainbow.pdf](https://www.thebugsgroup.com/wp-content/uploads/2020/02/Bugs_rainbow.pdf)  
 Think about all the things you are good at and what makes you happy.

2

Ask your child to stand still and feel their heartbeat. Now get them to do star jumps for a minute and feel their heartbeat again. Pay attention to their heartbeat and their breathing.

3

Inhale for 4 seconds, hold for 7 seconds and exhale for 8 seconds. This technique can help at night when you can't sleep and can also help to reduce anxiety in the daytime.

