

# Take Notice Tuesday



1

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.

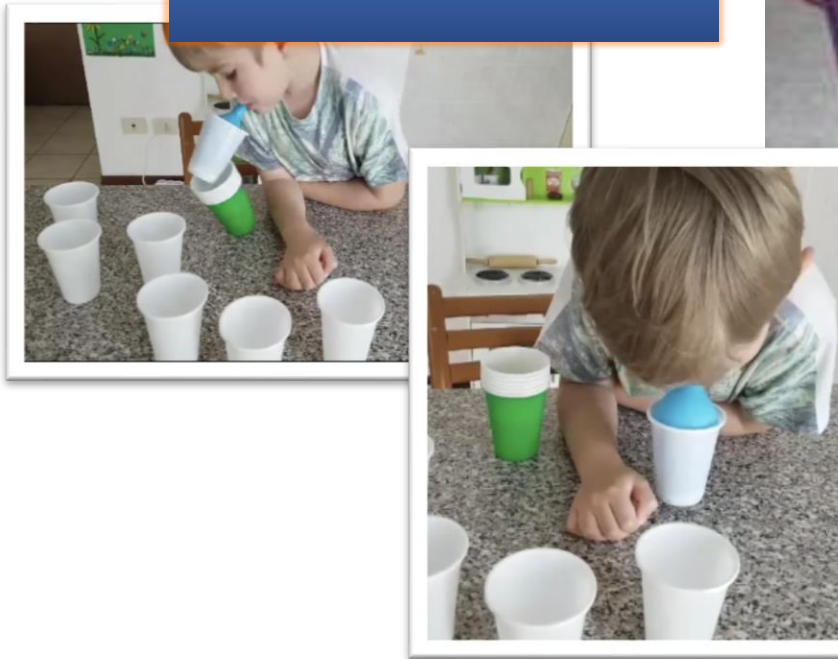
Try a 'body scan'. Lie down on your back on a comfortable surface and close your eyes;

- squeeze every muscle in your body as tight as you can.
- squish your toes and feet, squeeze hands into fists, and make legs and arms as hard as stone;
- After a few seconds, release all your muscles and relax for a few minutes;
- think about how your body is feeling throughout the activity



2

Practise your mindful breathing by playing this game of blowing up a balloon to fill the cups enough to be able to move them.



3

Make a calming sensory bottle. Great for giving children a mindful moment. Watch the glitter swirl around inside the bottle.

