

# 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

Look at the back of your hand and really study it. See how many different colours there are, look at the shape of it and think about how it's made up of muscles, bones and tendons. Stroke your hand and think about all the things it does throughout the day that helps you.



2

Use your other foot. We usually start with the same foot each time we walk up the stairs. Now switch back to your original starting foot. It may feel odd and that's fine, it is your brain acknowledging that something feels different. It's easier to be mindful when something jolts you into connecting with your body again.



3

Practice mindfulness breathing by creating a path for your child to blow a pom pom along. This really helps to build up the muscles and demonstrate how breathing can really help to regulate yourself.

