

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

Create a 'lockdown memory jar'. Collect memories from this time that you want to remember. What are you grateful for? What have been happy times? What have been challenging moments? And how have you managed through these moments?



2

Can you create the alphabet from taking photos of household objects and nature?



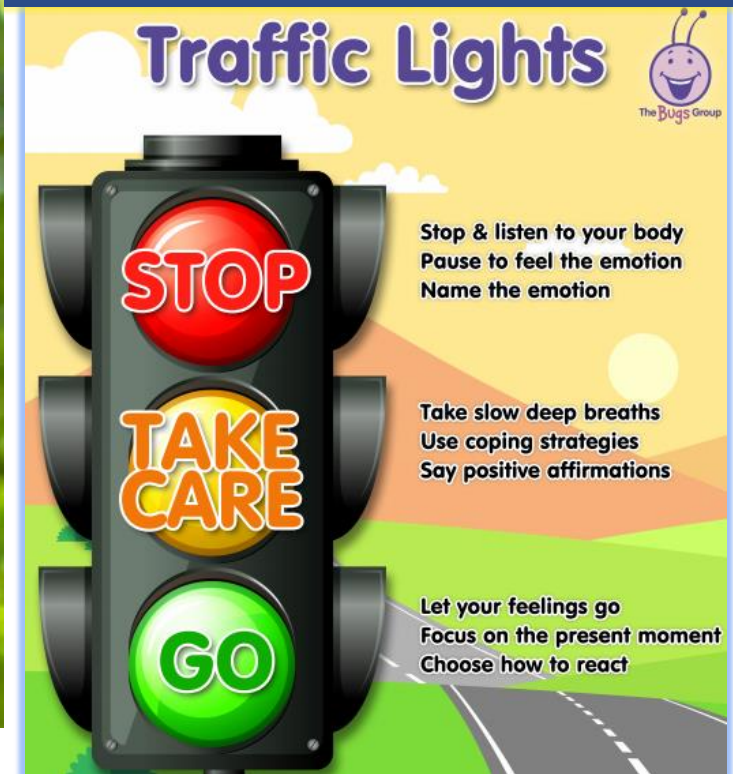
3

Get children to STOP and listen to their body. Help them to identify their emotion.

Take slow deep breaths and say positive things like 'I am calm, I am confident'.

Let go of your feelings and choose how to react.

https://www.thebugsgroup.com/wp-content/uploads/2020/04/bugs_traffic_lights.pdf



Traffic Lights

STOP

Stop & listen to your body
Pause to feel the emotion
Name the emotion

TAKE CARE

Take slow deep breaths
Use coping strategies
Say positive affirmations

GO

Let your feelings go
Focus on the present moment
Choose how to react

The Bugs Group