

# 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.

3

The next time you have your favourite treat, make it a ritual of happiness and thanks. Don't let a second of pleasure pass you by unnoticed – the scent, how it feels in your hand, against your lips, the flavour on your tongue, the texture as you chew and the sensation as you finally swallow it.

1

MOOD BUTTONS – Taken from Relax Kids.

Did you know we all have mood buttons and when other people say things or do things, our mood buttons can be pressed. Do you know what your mood buttons are? What upsets you? What makes you angry? What makes you sad? When you know your mood buttons you can be prepared and remember to breathe so you can control your moods.

2

Warrior pose – *for confidence and concentration*

Stand up tall with your feet wide apart. Turn your right toes out and press your left heel away. Bend your right knee deeply, stretch your arms out at shoulder height and make like a surfer. Hang ten for a few relaxed breaths, feeling the strength of your body, then shake out your legs and try it out on the other side. This is a great distractor from worried thoughts.

