

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**



**Childline** website has great activities to do in their toolbox section. In this activity you type your worry, pump up the balloon, attach it on and let your worry float away.

**2**



**1**

Lazy 8 breathing. Place your finger in the middle, follow the arrows breathing in and out slowly.

