

Health and wellbeing ideas for KS1 and Early Years designed by the teachers, parents and children of Downs Infant school!

It's always good to do little things daily which can help you feel happy, relaxed and positive. Here are some ideas that you can try that may help you to feel good. Remember, we are all different so what works for you might not work for your friend. It's always good to have a go.

Focus on your strengths:

Having positive thoughts can help you feel more cheerful. Can you think of five things that you think are brilliant about you or something that you like doing? For example: I can skip! I love my freckles.

Keeping active: this is great to making you feel more cheerful and it can also help you sleep better. Your body will love you for helping your muscles get stronger and it will give you an energy boost!

Dance is a wonderful form of exercise. What is your favourite song? Can you challenge yourself to make up a dance routine to it? How about making up a spring song or dance! Think about what you love about spring! New baby animals, Easter eggs, buds forming, sunshine and fluffy clouds. Can you make your song rhyme? You don't have to have music nearby, you can sing a song to yourself while you dance!

Nature walk as part of your daily exercise (subject to government updates re Coronavirus). Whilst out perhaps you can count how many flowers you can see? What colours are they? Can you remember them when you get home? It's a great way memory booster for your brilliant brain!

Getting dressed in the morning, can you put on everything all by yourself? What can you do independently now that perhaps you were not quite able to do a few weeks ago?

Mindfulness activities to help you focus:

Body poses! Doing fun poses can help you feel strong, brave and happy. Here are a few suggestions that you might like to try:

1. The Superman: this pose is practised by standing with your feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

Using your senses! Can you use your super focused senses of smell, sight, hearing, taste and touch that Spiderman uses. This will help you to pause and think about the present, what's around you. What can you hear? What can you smell?

Safari! Whilst doing your daily exercise (subject to government updates) you can turn your walk into an exciting new adventure! Your goal is to notice as many birds, bugs, creepy-crawlies and any other animals that you can! Look out for anything that that walks, crawls, swims or flies. You'll need to focus all of your senses to find them!

The Mindful Jar! If you have a clear jar or bottle, fill it almost all the way with water. Next, add a big spoonful of glitter. Put the lid back on the jar and shake it to make the glitter swirl. Imagine the glitter is just like your thoughts when you are feeling cross or upset or fizzy. See how they whirl around and make it hard to see clearly? Now watch what happens when the jar (just like you) is still for a moment. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you are calm for a little while, your thoughts start to settle and you see things in a clearer way. Deep breaths during calming down time can help you feel more settled when you feel a lot of emotions.

Take time out to calm down and settle, this always helps to let go of any little worries you may have for a while:

Take some time to breathe deeply. Count to 10 slowly whilst breathing deeply and slowly. Can you count slowly backwards too?

Hug your favourite teddy or toy.

You might like to relax with some gentle meditation with Relax Kids. Find the meditations on youtube. For example: <https://www.youtube.com/watch?v=DWOHcGF1Tmc> Your secret treehouse. Meditation for children.

You can do an activity that includes stretching, such as yoga. Stretching is good to help your body warm up also. Always check that you feel comfortable when exercising and if anything hurts, STOP. Try moving (dynamic) stretching exercises. You can make big circles with your arms, both the same way and then try both arms going different ways at the same time! That will help your brain think too! Leg swings, or twist your body.

Do something creative:

Why not create a marvellous hand (draw around your hand on a piece of paper or cardboard and make as many as you like) for each member of your class so that you can 'wave' to each and every one of your class friends! You can write your class friend's name or draw a picture of them on each one.

Cooking. If you have resources at home, you can try making some scones with your grown up. You can measure the ingredients, mix them together and cut out the shapes. Yummy!

How about making a 'Gratitude Jar'. You can write down or draw (or both!) on a little piece of paper something that you are thankful for and put it in the jar each day. You can also take them out at any time you feel like to remind you of all the wonderful things you are grateful for. Eg: plants, animals, friends, family. If you prefer, you can tell your grown up things that you are thankful for instead.

Design and create a puppet show! You can draw pictures of the puppets and use a cardboard box to create the stage!

Have a go at writing or drawing pictures to create your own story. It could be a journal or diary. It could be a fabulous make believe story. Let your mind go and have fun wandering amongst your imagination!

If you go for a walk, you can look at the new buds growing in the spring. Pick some leaves up from the ground that you could paint at home. You can make leaf stencils and use a sponge to blotch paint colours on. If you have a paint brush, you can use the hard end of the brush to scratch veins into your leaf stencil. You don't need to have paint at home. Think about what is wonderful about plants. For example, they are lots of different colours, they give us oxygen.

Make a spring creation with bits and pieces you can find at home or when out exercising eg: twigs, daisies, leaves. You can use the recycling at home to make your own model.

You could have a go at building a bridge that is strong enough to hold your favourite toy. This activity will really get your hands and your brains moving to get problem solving. You can use absolutely anything (check with your grown up first) at home; books, cardboard, building bricks, junk modelling, other toys, furniture...even family members!

Alternative resources:

You do not have to use the same resources from the ideas above. There are lots of alternative resources you may prefer or have available. For example, you can use the inside of a cereal box or save paper packaging as an alternative to paper to draw on (press it under a heavy book to get it flat). When baking, if you don't have scone or cookie cutters then you can use the top of a tin can to make your own cutters. Instead of using paint, perhaps you could use a paintbrush and water outside on the wall/ ground. You can paint with mud and water or water and chalk.