

Being kind to yourself: We often think of ways in which we can be kind to others but have you ever thought about ways that you can be kind to yourself? Jot down some ideas of how you can be kind to yourself, here are some ideas to start you off: be brave; choose kind friends; try something new; get enough sleep; remember to laugh. When you have lots of ideas, please make a poster to share with us on Seesaw. We can display these when we return to school.

Mindfulness: Draw some clouds on a piece of paper. Sit quietly and focus on your breathing. When you notice that you are having a thought, write it on a cloud and let the thought drift away. Remember to keep focusing on your breathing.

Stretching: Each morning, before you have breakfast, get up and do 10 minutes of stretching. This could be: reaching up and then bending to touch your toes; holding yourself in plank position (horizontal on your hands and toes, keeping yourself off the floor) then walking your hands up to meet your feet and walking back out to plank position; sitting with straight leg and bending forward to touch your toes. Be as creative as you like and share your stretches with us to have a go too. Stretching in a morning can make you feel ready for the day ahead and allows you to have a calm moment to yourself before the day begins.

Bedtime gratitude: Gratitude is when we feel thankful, or grateful about something. Before you go to bed each night, write down three things from the day that you are grateful for. Purposely remembering things in the day that you are grateful for is a great way of developing gratitude. There are many things you can be grateful for every day: the sun, birds tweeting, a friendly smile or wave from someone you may or may not know, a hug from a family member.

Just the way you are: Draw a picture of yourself in the middle of a page (it can be as simple or elaborate as you like). Then write things that you like about yourself and ways that you make yourself proud around the picture. You are all amazing and deserve to love many things about yourselves!

Healthy mind: Please write a poem about ways in which you can keep your mind healthy. This one is down to you- share your ways of keeping a healthy mind with us. It is wonderful to share your ways of staying mentally healthy with others; everyone struggles at some point.