

February 2021

Fun Wellbeing Activities



**Good Mental Health
for everyone**

Top Tips:

Eating a balanced diet boosts your energy levels and improves feelings of wellbeing and happiness.



Avoid dehydration. Drinking plenty of water is important. A child or teen should drink **at least six to eight cups** of water a day.



Make a delicious smoothie:

Blend 1 banana with a cup of milk and a few ice cubes. Try adding other types of soft fruit such as strawberries or raspberries.



Dream catchers are a Native American tradition. They are decorated with feathers and beads and are thought to give their owners good dreams. Try making your own dream catcher with a few basic materials: card cut into a ring, some string or coloured wool, coloured pens. Feathers or beads can be added if you have them.

Have a look at the examples and design your own Dreamcatcher. You could even draw a colourful one on plain paper.

A homemade stress ball is a great way to be mindful of our emotions. Follow the steps to make your own:

1. Put funnel into the water bottle, and pour flour through it. **2.** Stretch the balloon around the opening of the water bottle. **3.** Turn water bottle upside down and gently squeeze the flour into the balloon. Make sure to use some pressure because the air helps the balloon open up so the flour can all go in. **4.** After the flour is all in, pinch the balloon and release it from the bottle. **5.** The balloon should have a snug fit to the flour inside it. Just make sure there isn't any extra air the balloon. **6.** Tie the balloon and wipe away any excess flour from the outside



Mindfulness can help us all feel calm and happy. Different ways of breathing can help us to practise mindfulness. Try some 'Dragon Breathing for 1 minute.

1. Sit up Straight.
2. Breathe in all the way
3. Stick out your tongue
4. Breathe out like a dragon!

