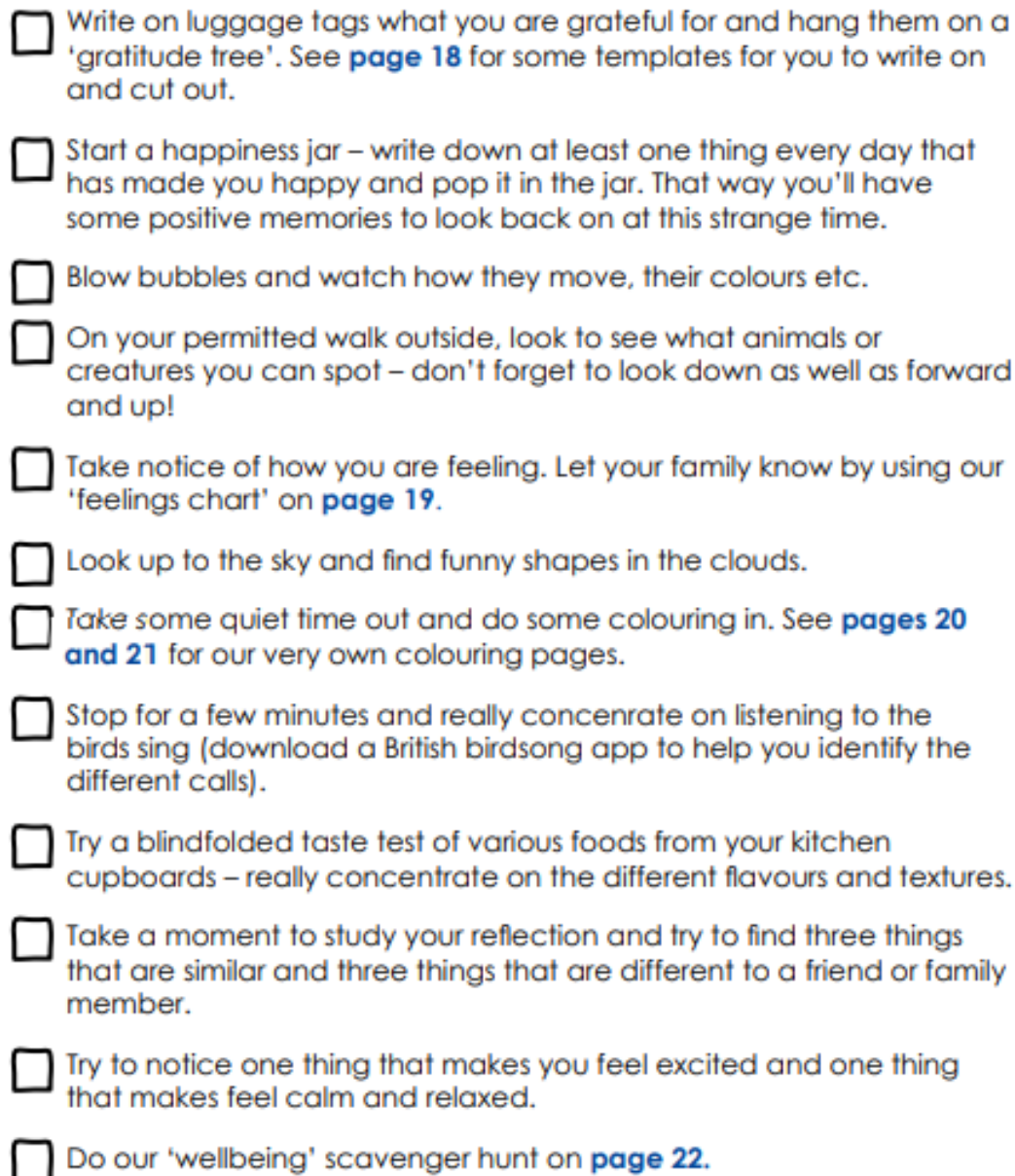


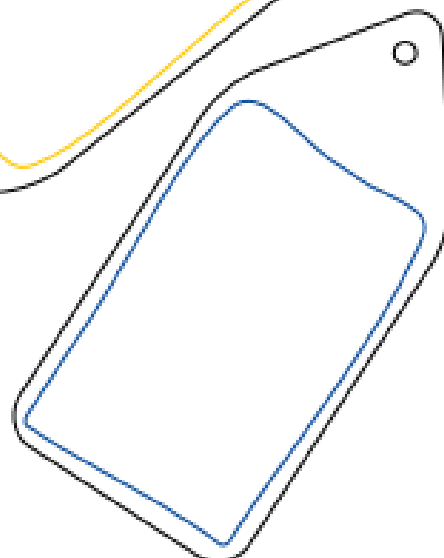
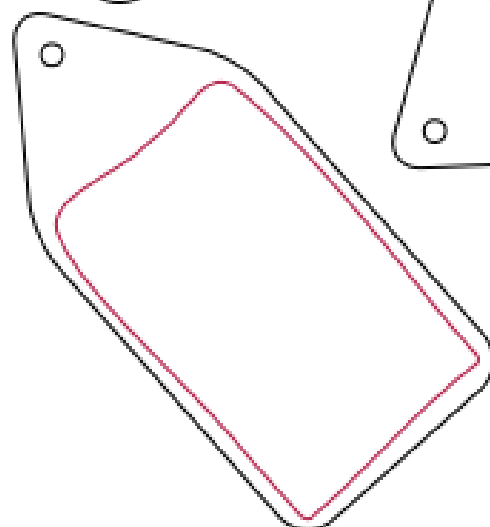
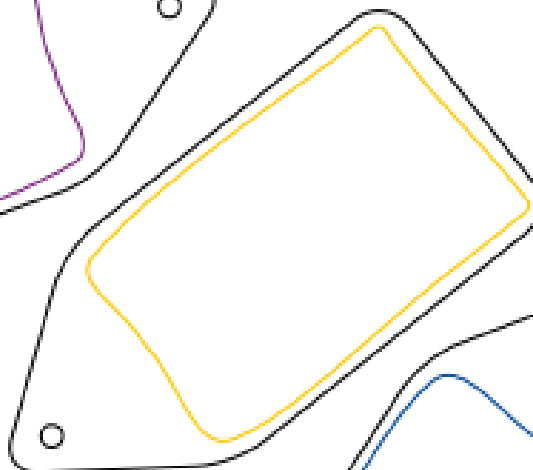
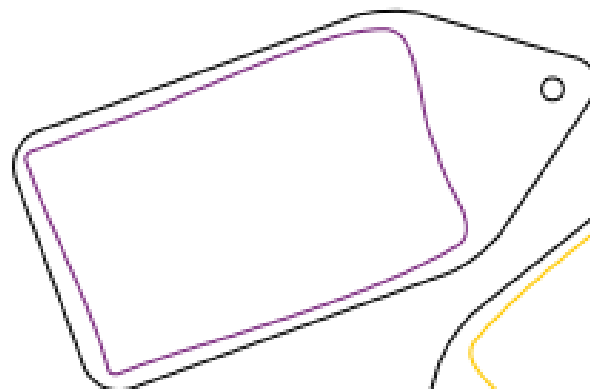
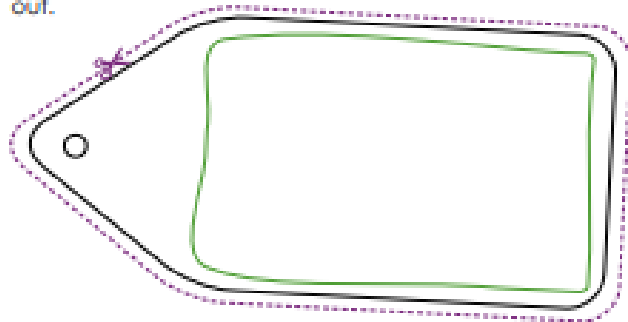
Take notice

- 
- Write on luggage tags what you are grateful for and hang them on a 'gratitude tree'. See [page 18](#) for some templates for you to write on and cut out.
 - Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar. That way you'll have some positive memories to look back on at this strange time.
 - Blow bubbles and watch how they move, their colours etc.
 - On your permitted walk outside, look to see what animals or creatures you can spot – don't forget to look down as well as forward and up!
 - Take notice of how you are feeling. Let your family know by using our 'feelings chart' on [page 19](#).
 - Look up to the sky and find funny shapes in the clouds.
 - Take some quiet time out and do some colouring in. See [pages 20 and 21](#) for our very own colouring pages.
 - Stop for a few minutes and really concentrate on listening to the birds sing (download a British birdsong app to help you identify the different calls).
 - Try a blindfolded taste test of various foods from your kitchen cupboards – really concentrate on the different flavours and textures.
 - Take a moment to study your reflection and try to find three things that are similar and three things that are different to a friend or family member.
 - Try to notice one thing that makes you feel excited and one thing that makes feel calm and relaxed.
 - Do our 'wellbeing' scavenger hunt on [page 22](#).

CWMT Wellbeing challenge 2020

Gratitude tree

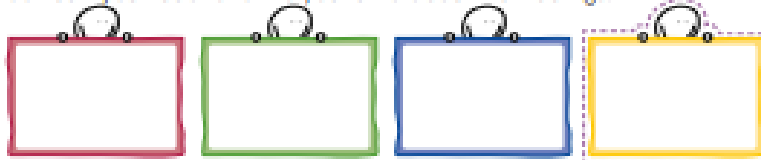
Write on luggage tags what you are grateful for and hang them on a 'gratitude tree'. We have provided you with some templates below for you to write on and cut out.



Feelings chart

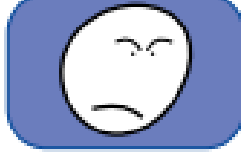
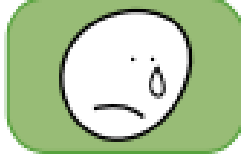
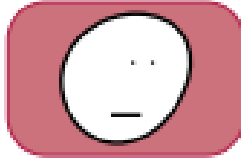
Sometimes it's easier to show how you are feeling by a picture rather than words, so we suggest that you put a chart like this one up where everyone in your family can see and all take time out in the day to update it. Our chart is just a suggestion - why not create your own? Please see our note on [page 22](#) for advice if you need to talk to your child about their feelings.

Name note - Cut these out and make sure everyone in your family has one.



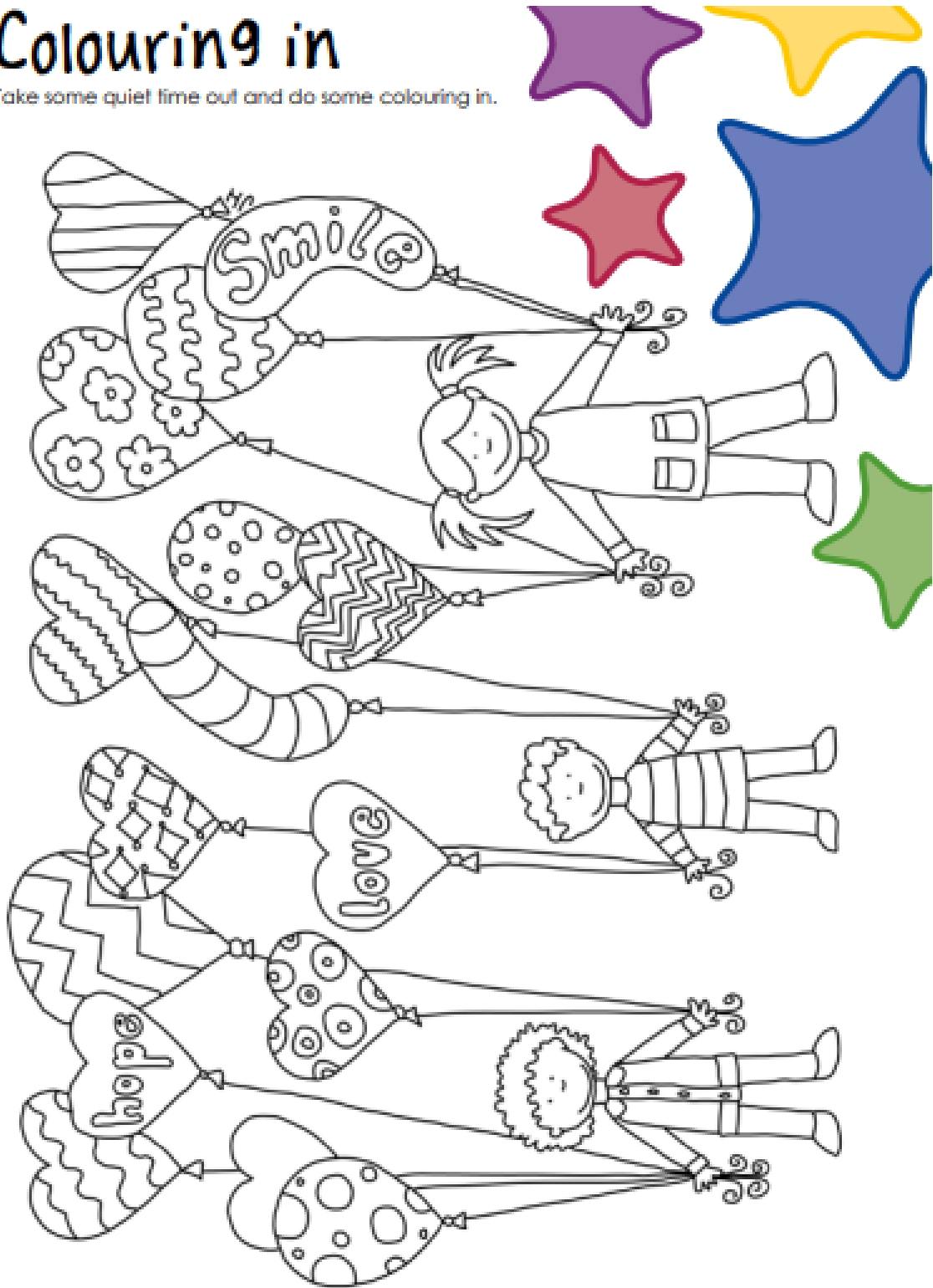
Feelings

Which one are you today?



Colouring in

Take some quiet time out and do some colouring in.



Colouring in

Take some quiet time out to do some colouring in.

