

## Homework - mindfulness! Set 10.2.23 due 22.2.23

Choose a mindfulness activity to complete. It does not need to be documented, just spend time looking after yourself!

### Activity 1:

Create a playlist of all your favourite tunes that fill you with joy and make you want to move your feet. When you feel like you need a distraction or a boost, put on your playlist and start to dance. The combination of uplifting music and physical activity should trigger a positive response in your body. Why not try Happy by Pharrell Williams or Electric by Katy Perry?

### Activity 2:

Keeping your mind and hands occupied may help you to focus attention away from any worries or anxieties you are feeling. Arts and crafts are a great way of doing this and there are activities to suit everyone. You might want to try sewing, knitting, cut and stick mosaics or simple origami.

Example: Take a blank page and draw six to eight lines on the page, dividing it into a number of sections. These lines can be straight, curved, wiggly or zig-zagged as you prefer. Then try to fill each section with a unique and colourful pattern, this can be as simple or intricate as you like. Take each section in turn thinking carefully about the pattern and filling the whole section. At the end you should have a colourful page full of different, fun and interesting patterns.

### Activity 3:

Sometimes we remember the negatives more than the positives. At home you could create a hope box or notebook to remind yourself of all the amazing things about you, for any time you are feeling low. To start with, think of ten things about yourself that are positive and write them in the notebook or on a bit of paper to add to the box. These could be statements like 'I am healthy', 'I am kind', 'I am a great sister'. You can decorate the box or notebook and keep adding to it as you learn new positive things about yourself and you can ask friends and family to tell you their favourite quality about you to write down.