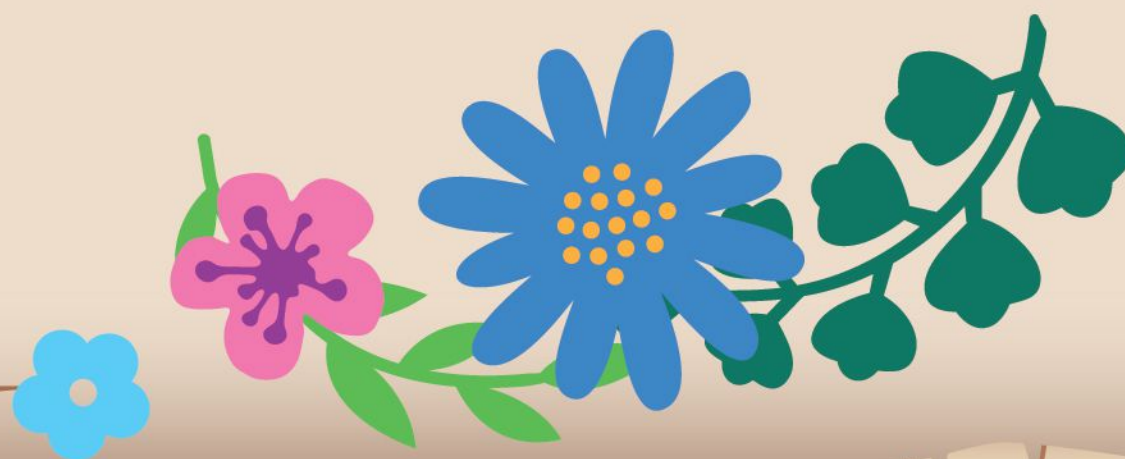


GRATITUDE

Scavenger Hunt for kids

1. Go outside and find something that you enjoy to look at.
2. Find something that is useful.
3. Pick something that is your favourite colour.
4. Pick something that you know someone will enjoy to look at.
5. Snack on something that tastes good.
6. Find something that makes you happy.
7. Find something that smells amazing.
8. Find something new.
9. Listen to something with a nice sound.
10. Note something that you are grateful for.
12. Find something that makes you laugh.
13. Find some stars in the night sky.
14. Find an animal shape in the clouds.
15. Find an animal that you love.
16. Cook something you love to eat.
17. Find something that you enjoy doing outside with friends.
18. Find a place you love.



GLITTER JAR

- ✿ Use a mason jar or bottle, allow your child to decorate it however they like, let them get creative.
- ✿ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food colouring, and glitter then shake.
- ✿ Seal the lid and you are ready to go.



mindfulness

BRAIN BREAKS

BREATHING

Sit, stand or lie down so that you're comfortable. Close your eyes. Count to five as you slowly breathe in through your nose. When you feel that your lungs are full, hold the breath while counting to five



5 FINGER BREATHING

Start with your finger in the upper left-hand corner. As you trace your finger to the right, breathe in to the count of 4. As you trace your finger down the outside of the square, hold your breath to the count of 4. As you trace your finger across the bottom to the left, exhale to the count of 4.



BALLOON BREATHING

Imagine your belly is like a balloon. Breathing in, notice how the balloon gets bigger as it inflates. Breathing out, notice how the balloon gets smaller as it deflates.



be mindful **NOW**



Breathe in and breathe out slowly. Focus on your breaths.



Be aware of what you are doing. Playing, eating, having fun.



Notice your surroundings, Smell, taste and texture.



Get outside and enjoy a walk in some fresh air.



Free your mind. Take some time to relax.



Remove any negative thoughts from your mind.



Be present, focus on your thoughts and breathing.



Have gratitude. Be thankful for your health and the people in your life.

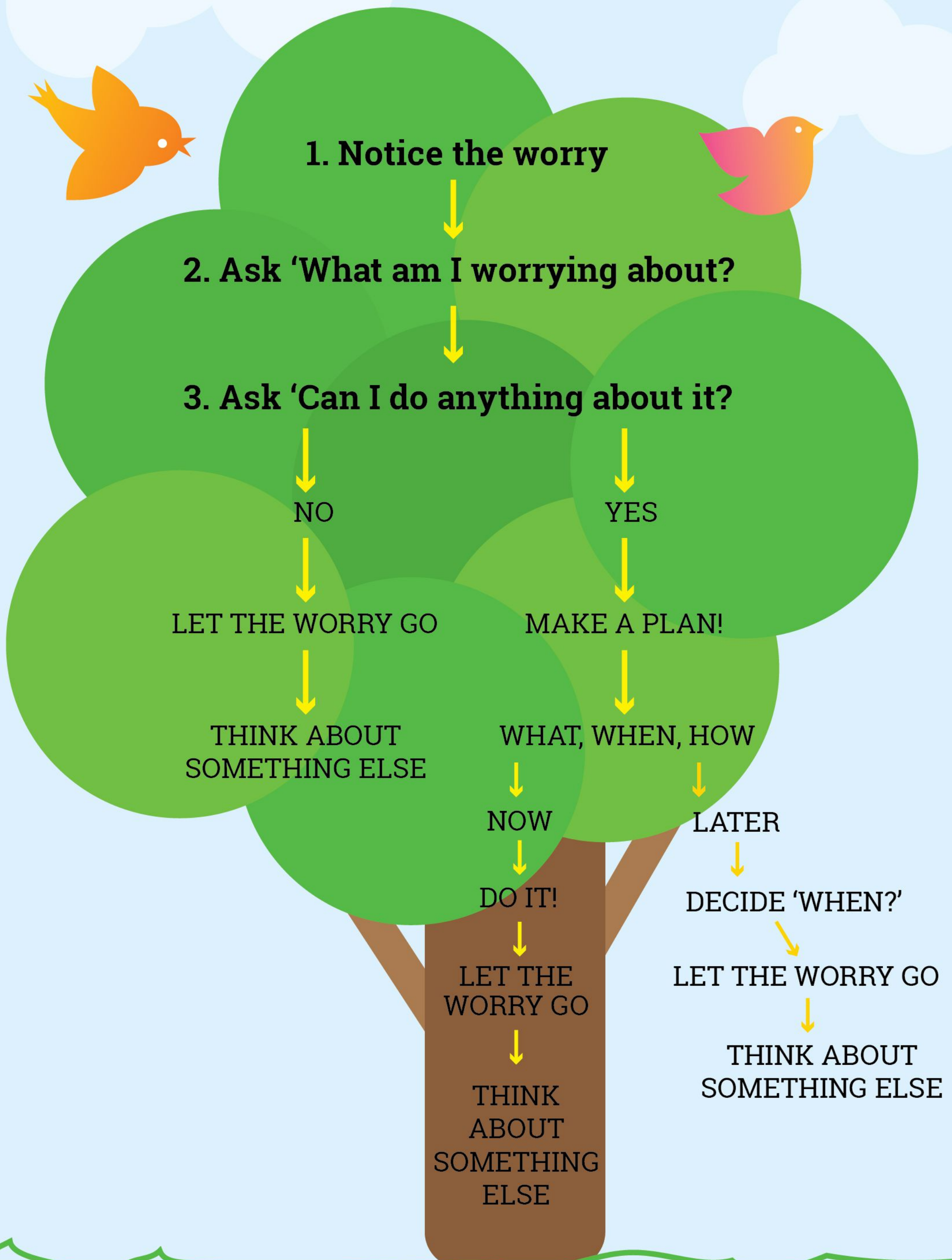


Practice listening to others. Do not judge others.



Practice self love, focus on the positives & your progress.

THE WORRY TREE



Mindful Evening Routine

SELF CARE

Shower, cleanse your face, nourish your skin and use a facemask. Eat a healthy and light meal before you go to sleep.

JOURNAL

Write about your day. What made you happy? What do you want to improve the next day? How would you rate your day from 1-10?

MEDITATE

Take 5-10 minutes to sit in silence and reflect on your day.

UNPLUG

Put your phone away and turn off your computer or tablet 30 minutes before you go to bed.

READ

Reading will help you calm your mind for a good night's sleep.

TALK TO THE UNIVERSE

Ask for guidance, love and protection. Don't forget to thank the Universe for everything you can be grateful for.

Take time for yourself to unwind and be still. This will improve your sleep and help you wake up refreshed.

TYPES OF SELF CARE



PHYSICAL

SLEEP
STRETCHING
WALKING
PHYSICAL RELEASE
HEALTHY FOOD
YOGA
REST



EMOTIONAL

STRESS
MANAGEMENT
EMOTIONAL
MATURITY
FORGIVENESS
COMPASSION
KINDNESS



SOCIAL

BOUNDARIES
SUPPORT SYSTEMS
POSITIVE SOCIAL
MEDIA
COMMUNICATION
TIME TOGETHER
ASK FOR HELP



SPIRITUAL

TIME ALONE
MEDITATION
YOGA
CONNECTION
NATURE
JOURNALING
SACRED SPACE



PERSONAL

HOBBIES
KNOWING
YOURSELF
PERSONAL IDENTITY
HONOURING YOUR
TRUE SELF



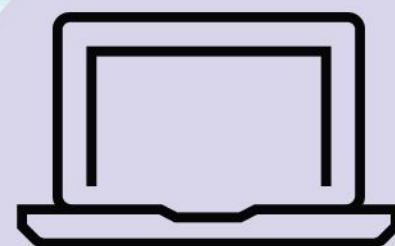
SPACE

SAFETY
HEALTHY LIVING
SECURITY AND
STABILITY
ORGANISED SPACE



FINANCIAL

SAVING
BUDGET
MONEY
MANAGEMENT
SPURGING
PAYING BILLS



WORK

TIME
MANAGEMENT
WORK
BOUNDARIES
POSITIVE
WORKPLACE
MORE LEARNING
BREAK TIME