

ENJOY THE LITTLE THINGS

#WELLBEINGWEDNESDAY



SOMETIMES WE CAN FEEL OVERWHELMED
BY ALL THE THINGS GOING ON AROUND US.

WHEN WE FEEL LIKE THIS, IT HELPS TO FOCUS ON THE LITTLE
THINGS IN LIFE THAT CAN MAKE US FORGET EVERYTHING AND
ENJOY THE MOMENT.



DRAW SOME ACTIVITIES THAT YOU ENJOY DOING

A large, empty rectangular box with a thin brown border, intended for drawing activities that the user enjoys doing.

DON'T HIDE BEHIND A MASK



SOMETIMES WHEN WE FEEL SAD, ANXIOUS OR SCARED, INSTEAD OF LETTING PEOPLE KNOW HOW WE FEEL, WE HIDE BEHIND A MASK.

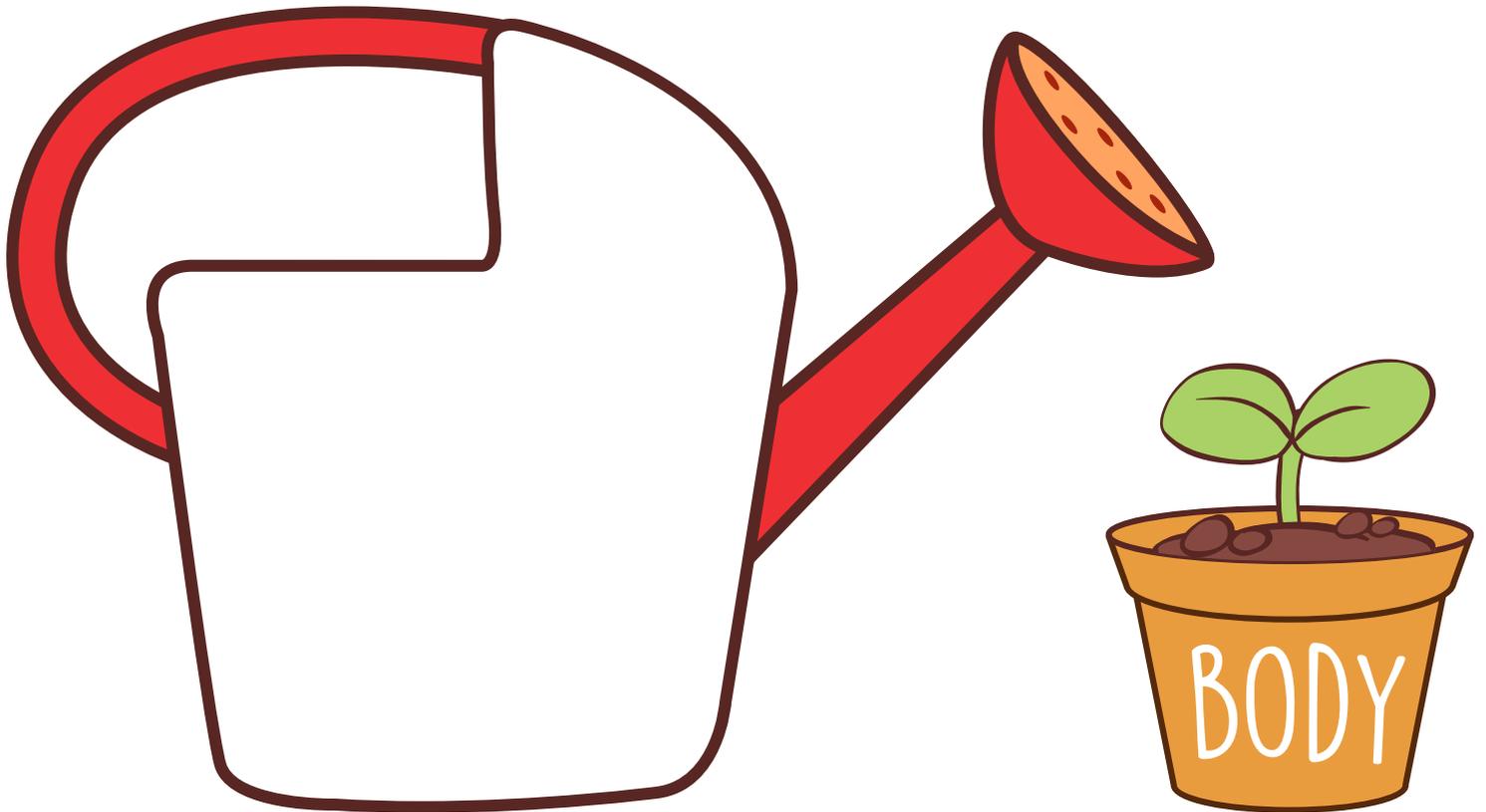
HIDING THESE FEELINGS IS LIKE PUTTING THEM IN A BOTTLE FOR NO ONE TO SEE. WHEN THE BOTTLE IS FULL THOUGH, THIS CAN MAKE US FEEL EVEN WORSE.



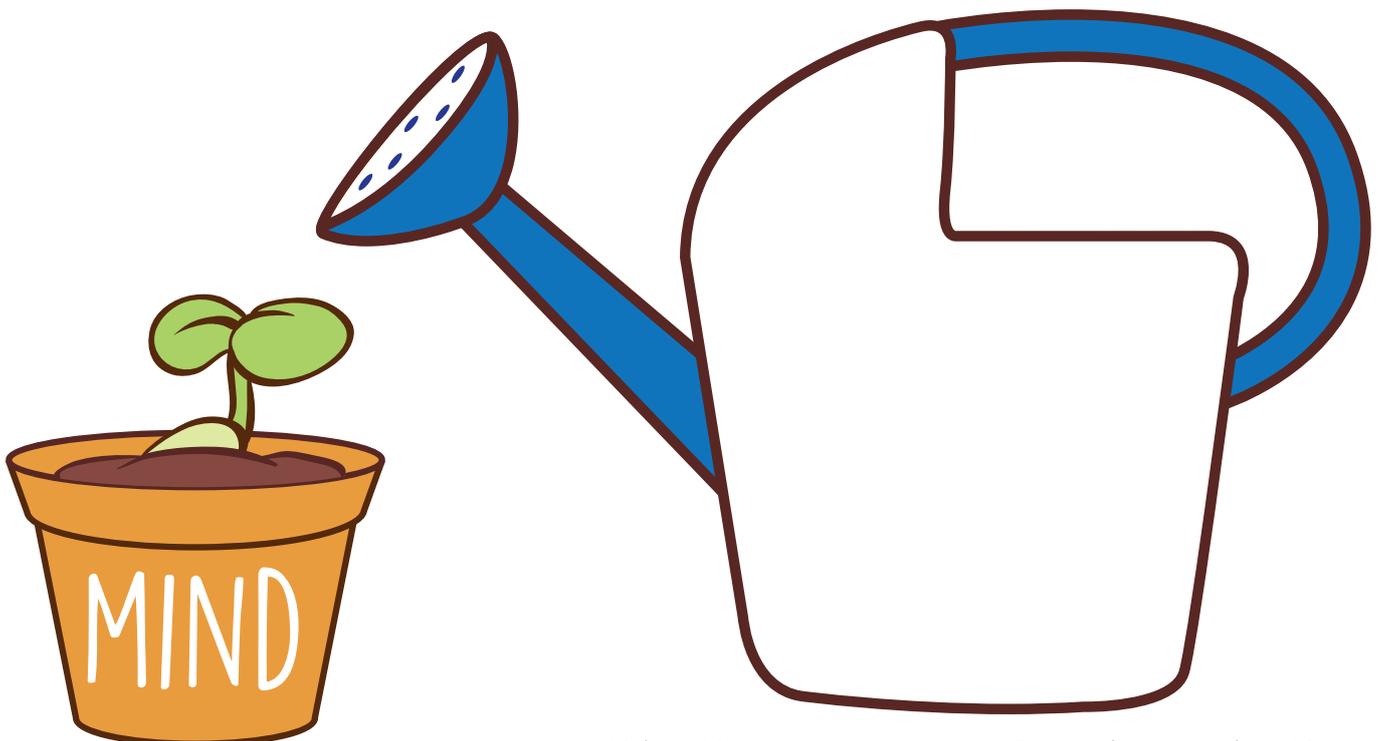
THOUGHTS THAT ARE ON
MY MIND TODAY

KEEP ON GROWING

THE RIGHT THINGS HAVE TO GO IN, SO YOU CAN GROW.



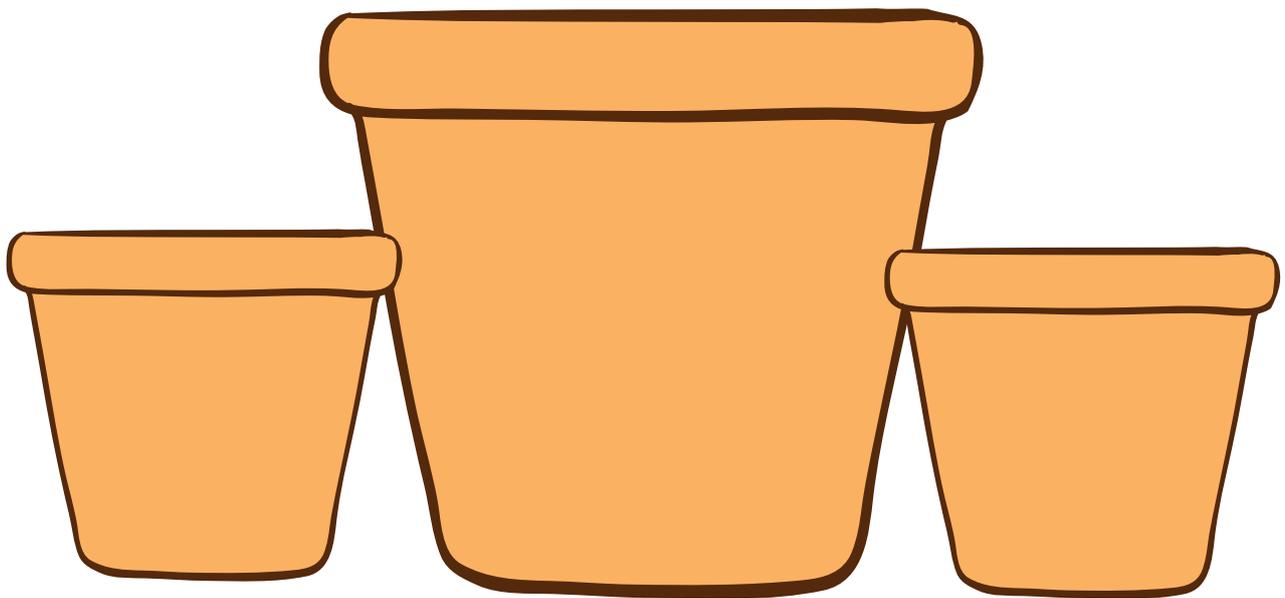
HOW DO I KEEP MY BODY HEALTHY?



WHAT HELPS MY MIND STAY HEALTHY?

CREATE YOUR GARDEN

SPENDING TIME BEING CREATIVE WILL HELP
CALM YOUR MIND AND THOUGHTS.



DESIGN YOUR OWN KIND OF PLANT FOR YOUR GARDEN.
WILL IT BE A MONEY PLANT? A PLANT WITH ARMS?

MUSIC IS A MAGIC KEY

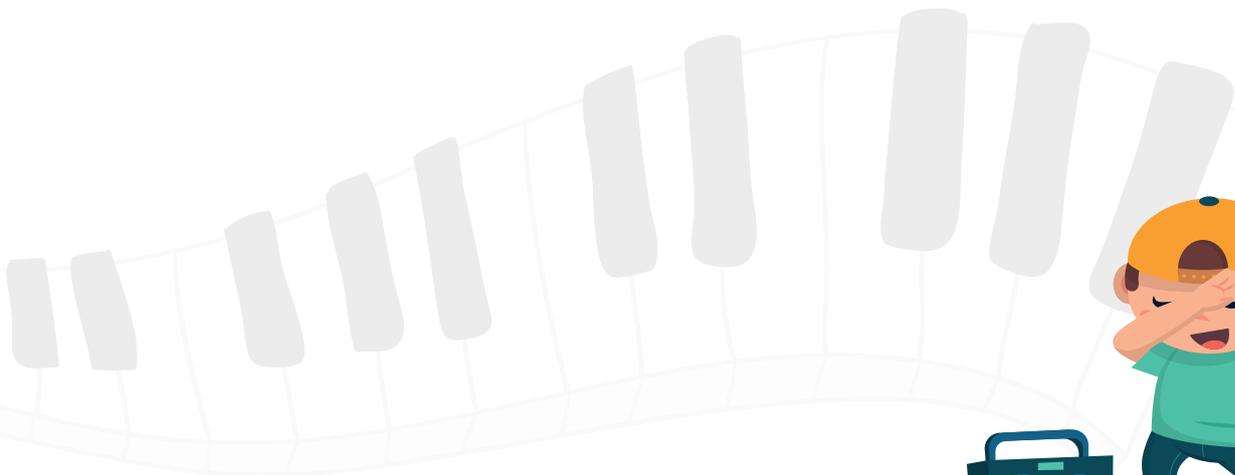


LISTENING TO MUSIC CAN HAVE A HUGE BENEFIT TO YOUR MENTAL WELLBEING. CERTAIN SONGS AND THOSE YOU ENJOY CAN HELP LIFT YOUR MOOD AND MAKE YOU FEEL HAPPY.

CAN YOU FIND A SONG THAT MAKE YOU FEEL GOOD?
WRITE THE ARTIST AND THE TITLE OF THE SONG BELOW.



THINK ABOUT HOW THIS SONG MAKES YOU FEEL.
CAN YOU DRAW A PICTURE THAT SHOWS HOW YOU FEEL?



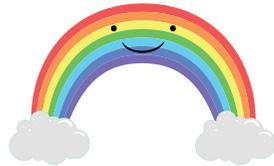
CATCH THE RAIN AND DANCE IN THE STORM

RECOGNISING HOW WE FEEL INSIDE AND DISCUSSING IT TOGETHER CAN HELP YOU TO UNDERSTAND WHAT MIGHT CAUSE CERTAIN FEELINGS OR EMOTIONS.



ANXIOUS

HAPPY



HOW ARE YOU TODAY?

ANGRY

CALM



PROUD

WORRIED

HOPEFUL

CUT OUT THE CARDS ABOVE AND MATCH THE FEELING TO THE PICTURE. DISCUSS WITH A PARTNER OR ADULT WHY YOU MATCHED THESE CARDS.

YOU INSPIRE ME!



HAVING A ROLE MODEL CAN HAVE A POSITIVE IMPACT ON YOUR MENTAL HEALTH AND WELLBEING. THEY ARE A PERSON WHO INSPIRES YOU TO BE BETTER AND BECOME A MORE POSITIVE PERSON.

MY ROLE MODEL IS...

DRAW YOUR ROLE MODEL HERE

WHAT WORDS WOULD YOU USE TO DESCRIBE YOUR ROLE MODEL?



YOUR FOOD IS A MOOD

THE FOOD YOU EAT EACH DAY TO FUEL YOU,
CAN HAVE A HUGE IMPACT ON YOUR GENERAL WELLBEING.

EATING TOO MANY MOODY FOODS WILL AFFECT HOW YOU FEEL TOO!



WHAT TYPE OF
FOOD IS IN A
GOOD MOOD?



WHAT TYPE OF
FOOD IS A
MOODY FOOD?

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HOW DOES EATING THE ITEMS IN THE GOOD MOOD LIST MAKE YOU FEEL?