

St Paul's Well-being Activities



Things to do on YouTube

Cosmic Yoga kids is a fun and creative way to introduce your children and family to emotional well-being. The yoga, mindfulness and relaxation activities are aimed at children 3 years and above. These one's are my favourite...give them a go!

Relaxtion - <https://youtu.be/pVKIZNCL5Ms>

Betsy the Banana - <https://youtu.be/4OSZl84Lr7A>

Harry Potter - <https://youtu.be/R-BS87NTV5I>

The Inspire Academy have created a lovely exercise video aimed at improving children's fitness levels. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. Try it and tell us what you think! - <https://youtu.be/8IlpVBspbIY>

PE with Joe Wicks is a great way to make physical activity fun. Exercise is an amazing tool to help us feel happier, more energised, and more optimistic. The workouts are fun and suitable for all ages and even adults can get involved. The

Pikachu is our favourite move, give it a whirl! -

<https://youtu.be/RzOgo1pTda8>

Helpful Well-being Apps



Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.

... Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness meditation accessible to all. Our vision is to help every mind thrive.

The Children's Meditation's app has meditations and mindfulness tracks for children of all ages and covers a range of themes to help your kids to sleep soundly at night. Check in with how you're feeling, and try short activities tuned to your emotions.

Breathe, Think, Do with Sesame. Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This bilingual (English and Spanish), research-based app helps your child learn Sesame's "Breathe, Think, Do" strategy for problem-solving.



7 Steps to Relaxation

Below are 7 key steps in relation to relaxation and this applies to us all, print this off and pop it in your home or simply bare this in mind every day in order to improve your mental well-being.

1. MOVE - Exercise for energy and fun
2. PLAY - Activity games for vitality, creativity and joy
3. STRETCH - Stretching for balance, inner strength and power.
4. FEEL - Peer/Self care for self awareness, empathy and respect.
5. BREATHE - Breathing exercises for improved health, anxiety and inner calm.
6. BELIEVE - Affirmations of self-esteem, confidence and positivity.
7. RELAX - Visualisations for deep relaxation, imagination and peace.

Activities that will make you SMILE!



1. Make non-cook playdough that is scented , then play dough disco on YouTube.
2. Paint portraits of important people to me.
3. Write and make a book.
4. Draw flowers or the fruit bowl.
5. Learn some laughter yoga at www.roberttrivest.com.
6. Finger paint.
7. Make a band from kitchen pots and pans.
8. Footprint paint.
9. Have a dance alarm every 30 minutes.
10. Sing karaoke.
11. Send a video message a friend or family member.
12. Have a birthday party for your favourite toy or teddy.
13. Have an indoor picnic.
14. Discover your favourite story and share it.
15. Order your book collection.
16. Have an indoor treasure hunt.
17. Dress up in adult clothes.
18. Find a fairy door in your house or garden.
19. Do the Hokey Cokey (Google it!)
20. Take a selfie through a toilet roll and pretend you're on the moon.