

Our Wellness Toolbox

Scoil Chroí Naofa, Athenry

Make a Wellness Journal

You will need a note book or copybook. Decorate the outside anyway you like.



How to use your Wellness Journal:

Try and add to your journal as often as you can. Some people like to use theirs every day. Here are some activities to do in your journal.

- Write the day and date on your page
- Write about or draw 3 things that made you feel happy today
- Write about or draw 3 things that you are thankful for today
- Draw an emoji that best suits the way you feel today. You could even create your own if you think these ones do not correctly show the way you feel.



- Write about or draw someone you were kind to today
- Write a positive sentence about yourself. Some examples:

| | | | |
|--------------------------------|----------------------------------------|---------------------------|------------------------------------|
| I am worthy | I am healthy and happy | I love making new friends | I am kind |
| I have confidence to be myself | I learn something new every single day | I am an amazing person | I can do anything I set my mind to |
| I love to learn new things | I am beautiful | I believe in myself | I forgive myself for my mistakes |

- Decide on a goal that you would like to achieve before the summer is over. Maybe you might like to learn a new skill? Writing it down will increase your chances of reaching your goal.
- Decorate your page any way you want!

[Tune into your Feelings \(younger children\)](#)

It is important that we are able to name our different feelings and to identify how they make us feel emotionally and physically.

Here is a beautiful story for younger children that encourages us to think about how our heart is feeling: <https://www.youtube.com/watch?v=xIfLgHBwYx4>

Feelings booklet (younger children): <https://www.twinkl.ie/resource/roi-a-32-my-feelings-activity-booklet>

Emotions" - StoryBots Super Songs: <https://www.youtube.com/watch?v=akTRWJZMkso>

Feelings Song: <https://www.youtube.com/watch?v=-J7HcVLsCrY>

[Make a Calm Box](#)



A Calm Box is a box of things that help to calm and sooth us when negative emotions start to take over. If you are feeling sad or angry or upset, you can go to your Calm Box and choose something from it that will help. So how do we make it? Well, first we need to gather a selection of items/activities that we know will help to improve our mood when we aren't feeling so good. Ideally try and find something to touch, smell, taste, look at and listen to so that all the senses are covered. Find a list of suggestions for each here: <https://www.linkedin.com/pulse/make-emergency-box-your-child-tough-times-sarah-lewis?fbclid=IwAR30oA1AQNY6-UJ9wqC5t96yAKzR8hUcpNyyGv2xFWq7vznCcwRQvunMVDQ> Pop them all in a box or basket and it is ready to go!

[Make a Happiness Jar.](#)

Find a jar at home. If you want you can decorate it. On a piece of paper, every day or even once a week, whatever suits your family, everyone draws or writes about something that happened that made them happy. Make sure to put the date on it and pop it in the jar. Decide as a family when you will share the memories in the jar with each other. Maybe a month from now or even a year. (This activity can also be completed as a Gratitude Jar)

Train your mind to talk to you in a positive way

Sometimes our mind wants to think negatively. It is important to remind our thoughts to be positive especially when it comes to the way we think about ourselves. Here is a great way to remind yourself how amazing you are.

Younger Children: Together with your parents, draw or write the ending to the below sentences. You could even ask a parent to record your answers on their phone or tablet so that you can listen to them any time you need to.

Older children: In your Wellness journal, finish these sentences. Any time you are feeling a little down or that you need some positivity, read/add to this page in your journal.

I am really good at...

I am proud of myself when

I know people like me because they...

My special talent is...

I feel good about myself when I...

I am a good brother/sister/daughter/son/friend because

I am a good classmate because...

Use music to relax

Make a playlist of sounds/songs that you know make you feel good or that you know you like to listen to. Music can help you to relax when you are feeling worried or anxious. You could also add some soundscapes for example at the beach, rain on a window.

Try some Mindfulness and Meditation

There are lots of great meditation resources available online.

- The following booklet was developed by the PDST for primary schools. It contains some lovely visualisations and breathing techniques for children: <https://www.pdst.ie/sites/default/files/Breathe%20-%20Self%20Regulation%20and%20Relaxation%20Techniques%20for%20Children%20~PDST.pdf>
- Here is a great video clip that explains why we use mindfulness to help us to feel good. Introduction to Mindfulness/Meditation <https://youtu.be/8rp5bpFIUpg>
- A great app for meditation and sleep stories is Calm. They are doing a free trial at the moment.

Just search *Calm* in your app store. The app has an adult and child section so parents can benefit too!

- Cosmic Kids have wonderful meditations and mindfulness activities for children: <https://www.cosmickids.com/mindfulness-meditation-videos-kids/>
- Find some lovely visualisations here: <https://www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools>
- Body Scans are a great way to help to release tension from our muscles. Here are some examples: https://www.youtube.com/watch?v=ihwcw_ofuME
https://www.youtube.com/watch?v=56_8aK3cLEA
https://www.walkinmyshoes.ie/media/1518/mys_mindfulness_ex2.mp3

[Take Deep Breaths](#)

The quickest way to tell your head and body to relax is to concentrate on your breathing.

Feather Breathing:

- Collect different colored feathers.
- Ask your child to hold the feather in their hand.
- Take a deep breath. (Model this for your child)
- To help kids learn how to take a deep breath, ask them to put their hands on their bellies and feel the rise and fall.
- Inhale slowly for a count of 3.
- Then, slowly exhale through the nose and while exhaling blow gently up one side of the feather and down the other side.

Flower Breath

- Collect a flower, or have your child visualize their favourite flower.
- Ask your child to breathe in deeply, while doing so take a BIG whiff of the flower's scent.
- Hold your breath for a count of 3.
- Exhale through your mouth for a count of 4.
- Repeat for five minutes.

One Nostril Breathing

- Have your child place their finger over one nostril, then breathe in deeply.
- Next, switch your finger to the other nostril as you breathe out.
- Once you have exhaled slowly, switch nostrils and repeat.
- Practice this exercise for no more than 2 minutes.

Find some more helpful breathing techniques here:

<https://www.pdst.ie/sites/default/files/Breathe%20-%20Self%20Regulation%20and%20Relaxation%20Techniques%20for%20Children%20~PDST.pdf>

<https://www.mindfulmazing.com/10-breathing-exercises-for-kids-with-anxiety-or-anger/>

<https://www.yoremikids.com/news/best-breathing-exercises-for-kids>

[Learn some Yoga](#)

Children **derive enormous** benefits from yoga. **Physically**, it enhances their flexibility, strength, coordination, and **body awareness**. In addition, their concentration and sense of calmness and relaxation improves.

(yogajournal.com)

Here are some great yoga websites that have yoga options for all ages:

<https://www.cosmickids.com/category/watch/>

<https://theyogaroot.org/kids-yoga-portal>

<https://yogawithadriene.com/yoga-for-kids/>

<https://www.aloyoga.com/blogs/alo-blog/yoga-for-kids-a-super-fun-flow-with-alissa-kepas>

Work on our worries

As the below story title says, everybody worries. It is perfectly normal to have worries but we need to try to have a way to cope with them so that they do not start to overwhelm us.

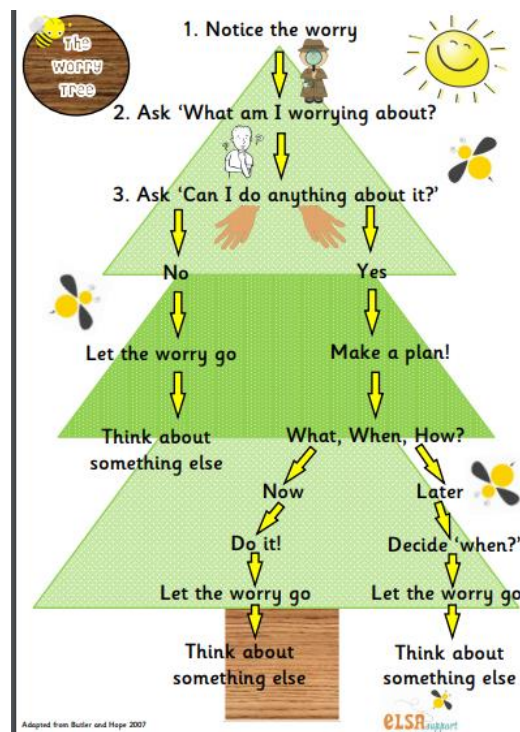
Younger children: Have a listen to the story, "Everybody Worries".

https://en.calameo.com/read/000777721945cfe5bb9cc?authid=XugpcOzU3TQx&fbclid=IwAR3Ur6biuAVWa-HnE3VltsEid5BreWmNxjt_rylltYToa3fyCimPfyKjuuw

All Ages, adults too!: In your Wellness Journal, draw or write the things you are worried about. Then make a list of the things that can help make you feel better.

Here are some things can make us feel better if we are feeling sad or worried

- Read your favourite book or listen to an audiobook
- Take a nap
- Watch your favourite movie
- Free write
- Draw or colour
- Sing
- Dance
- Talk to a friend or family member
- Ask for a hug/give your favourite teddy a hug/hug your pet (if they are happy for you to do so!)
- Drink some water
- Make a healthy snack
- Go for a walk/run
- Use the distraction method: <https://weavingwellbeing.com/how-distraction-can-build-childrens-resilience/>
- Use the 90 second rule: <https://weavingwellbeing.com/helping-children-to-manage-stress-and-strong-emotions-using-the-go-second-rule/>
- Use the Worry Tree approach:



For parents: This article suggests some very practical ways to help your child to cope with and manage their worries <https://www.psycom.net/help-kids-with-anxiety>

Practice an attitude of Gratitude

Having an attitude of gratitude means that we look for things to be thankful for in every day. Sometimes we forget to focus on and celebrate the good things that have happened throughout the day. The more we practice gratitude the more positive our mind becomes.

Here is a video that explains it in a little more detail: https://www.youtube.com/watch?v=U5lZBjWDR_c

Some gratitude activities for your Wellness Journal:



Feeling Creative? Make a Gratitude Collage! Use magazines, newspapers, photographs, your own drawings and any other materials around the house or in the garden to make a collage of things you are grateful for.

Have a look at the example below:



You could even try a gratitude Scavenger hunt:



Get Creative!

Being creative helps to focus our mind and can help to calm us by encouraging our body to release positive hormones. Why not try some art activities, some gardening, Lego challenges or come up with your own way to be creative. I'm sure you have some great ideas of your own. Here are a few art and Lego challenges to get you started!

Lego

7 day Challenge:

| | | | | | | |
|---------------------------------------------|----------------------------------------------------------|----------------------------------|-------------------------------|------------------------------------------|------------------------------------------|-----------------------------------------|
| Day 1 Build Your Name or Initials | Day 2 Build a Person with Moving Legs and Arms | Day 3 Build a Catapult | Day 4 Build a Robot | Day 5 Build a House that Opens | Day 6 Build a Boat that Floats | Day 7 Build a 100 Brick Tower |
|---------------------------------------------|----------------------------------------------------------|----------------------------------|-------------------------------|------------------------------------------|------------------------------------------|-----------------------------------------|

A 30 day challenge:

| LEGO CHALLENGE CALENDAR 31 Days of Fun Ideas for Any Month! | | | | | |
|-----------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------|
| DAY 1 Build Your Name or Initials | DAY 2 Build a Person With Moving Legs and Arms | DAY 3 Build a Catapult | DAY 4 Build a Robot | DAY 5 Build a House That Opens | DAY 6 Build a Boat That Floats |
| DAY 7 Build a 100 Brick Tower | DAY 8 Build a Box With a Lid | DAY 9 Build a Small World Scene | DAY 10 Write a Comic Strip for a Minifigure | DAY 11 Build a Model of Your Room | DAY 12 Build a Simple Machine |
| DAY 13 Build a Bridge That Can Hold Something Heavy | DAY 14 Build a Favorite Character | DAY 15 Make a Mosaic Using Flat Pieces On Baseplate | DAY 16 Draw a Design Make it with LEGO Bricks | DAY 17 Build Something To Go With A Favorite Book | DAY 18 Build a swimming pool for a minifigure |
| DAY 19 Build With Eyes Closed 5 Minutes | DAY 20 Build a Pyramid | DAY 21 Build a Marble Run | DAY 22 Draw a Play Mat and Add LEGO | DAY 23 Learn Paper Football and Build a Goal | DAY 24 Have a Minifigure Building Race |
| DAY 25 Build a Marble Maze | DAY 26 Try to Sink a Minifigure | DAY 27 Build a Zip Line | DAY 28 Make Your Own LEGO Skittles Game | DAY 29 Build a Parachute for a Minifigure | DAY 30 Build a Car Attach a Marker and Draw! |
| DAY 31 Ask For a Bin of Soapy Water Wash LEGO! | | | | | |

Find even more Lego activities here: <https://thestemlaboratory.com/wp-content/uploads/2020/02/LEGO-Challenges.pdf>



Get Active!

It is so important for our minds and bodies to get active over the summer. Here are a few examples of ways we can do this:

- Make an obstacle course in your garden and complete it.
- Go For a walk/ cycle with your family. Try taking some photos of things on your walk that you find interesting or beautiful. You could try taking a photo in the same place every day for a week and see how the surroundings change. You could also make a scrap book of things that you collect on your walks.
- Make your own Kite and see if you can make it fly
- Play follow the leader with your family
- Have a dance party
- Go on an insect hunt
- Paint some rocks for your garden
- Plant something in the garden
- Collect things from your garden to make a picture (e.g. leaves, twigs, flowers, grass)
- Play your favourite game from PE
- Host a your own Family Olympics games
- Outdoor free play!

Connect with Friends

- Call or video call a friend
- Have a socially distant meet up
- Go to the playground to meet friends
- Write a letter to your friend
- Make and send a postcard to a friend
- Write an email to a friend and send some photos of how your summer is going

Games/activities you can do while social distancing with your friends:

- Races: egg and spoon, sack races, running races, hopping races, relay races
- Hide and seek
- Simon Says
- Charades
- Scavenger hunt
- Bingo
- Hula hooping
- Skipping
- Dance party

Find some more games and instructions on how to play here:

<https://www.asphaltgreen.org/blog/rep-it-out-games-for-social-distancing>