



Wellbeing Activities for Self-Isolation



1. Make a list of 10 things (or people) that you are **THANKFUL** for.
You could make this into a poster or a mind map with pictures. You could use the sheet below to write all the things you are thankful for.
Remember having an 'Attitude of Gratitude' makes you happier!
2. Go outside and sit quietly for a few minutes. Take a few minutes to **NOTICE** what you cansee...hear.....feel....smell. Can you notice.....
 - 4 things you can see
 - 3 things you can hear
 - 2 things you can feel
 - 1 thing you can smell

You could choose one of the things you can see and look really carefully at it (like a flower, a leaf, a tree, a stone, a pinecone etc). Draw it carefully with as much detail as you can. The world is so beautiful when we stop and look!

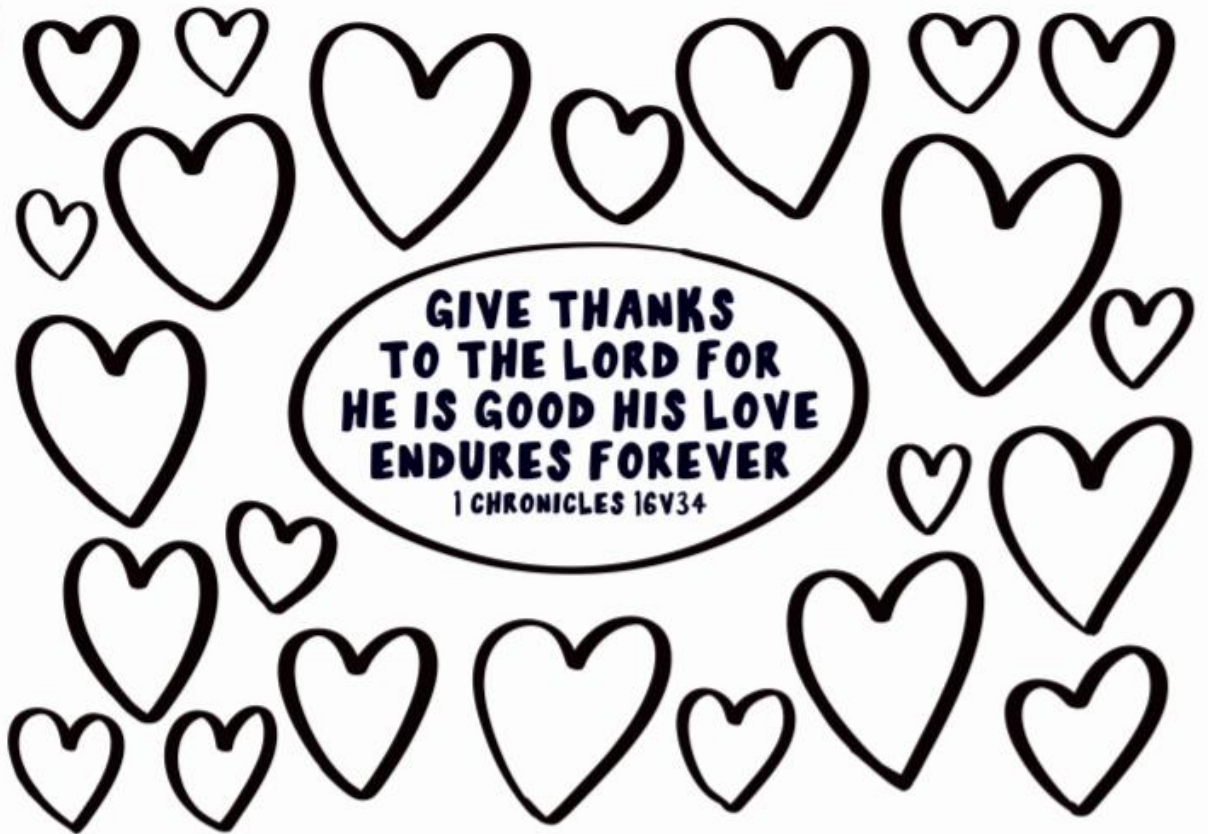
3. Be **CREATIVE** - paint a picture, make a card for someone, get some 'junk' and make a model, write a story, colour a rainbow. Colour one of the colouring sheets below making it as colourful as you can.
4. Get **ACTIVE!** Put some music on and dance. Find a song you like on 'Just Dance' and try and copy the moves or do some 'Cosmic kids yoga'. Getting your body active releases happy hormones which makes us happier!





When we're having a difficult time, one of the first things the bible encourages us to do is to give thanks! An attitude of gratitude always helps to lift our spirits! God blesses us in so many ways every day and it is great to praise to notice them! Write down something or someone that you are thankful for in the hearts.

THANK YOU GOD FOR...



**GIVE THANKS
TO THE LORD FOR
HE IS GOOD HIS LOVE
ENDURES FOREVER
1 CHRONICLES 16V34**