

# Woodpeckers Wellbeing

Use this wellbeing leaflet to choose a fun and relaxing activity each day, which will help keep you mindful and healthy. Don't forget all staff are here to help, If you have any questions or concerns then please let us know.

## Mindfulness Scavenger Hunt

Feeling grateful can help us to feel good.

Can you find...

Something that makes you feel happy

One thing that you love to smell

Find something that makes you feel safe

Find a place that you love

Find somewhere or something that makes you feel calm

Find something in nature that you like to look at

Find something useful

Yoga for Children- Get fit with a little monkey business! Moovelee is an animated monkey that leads to 4-10 minutes workout videos for children aged 3-5 years. With a focus on medication, yoga and cardio.



## TENSE AND RELEASE

MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.





TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

## Breathing Exercises

Deep breathing exercises can be an excellent stress management technique for children and can be done in so many fun ways: blowing bubbles, blowing pinwheels, pom pom races to name a few. To find out more information and fun ways to encourage breathing techniques please visit:

<https://www.yourtherapysource.com/blog1/2019/03/25/breathingexercises-for-kids-that-are-fun-2/>

Six benefits of controlled breathing:

1. Decreases stress.
2. Reduces anxiety.
3. Strengthens sustained attention.
4. Sharpens the ability to focus and learn.
5. Slows the heart rate.
6. Lowers blood pressure.

Connect	Create your close family tree. Why not make it into a poster and make it look pretty	Think about someone who might be lonely at this time and send happy mail to cheer them up. This could be a picture, a poem, a letter etc. and can either be sent in the post, emailed or posted on social media for them to see.
Be Active	Try one of the activities in the PE section to keep you fit and healthy.	Take on the 'Stair Climb Challenge' and see if you can climb the equivalent height of a building or hill. You could make a family scoreboard.. If you don't have stairs you could measure out a distance instead
Take Notice	Look up to the sky and find funny shapes in the clouds.	Stop for a few minutes and really concentrate on listening to the birds sing (download a British birdsong app to help you identify the different calls).
Keep Learning	Design and make your own board game and play it with your family	Discover a really long word and find out what it means. Why not try and get it into a conversation!
Give	Give your time and ask someone how you can help them today	Draw a thank you picture for your bin collection team and put it on your bin when it is time for them to be collected.

We recommend you try the following of family gonoodle:

<https://family.gonoodle.com/>

<https://family.gonoodle.com/channels/flow>

<https://family.gonoodle.com/channels/think-about-it>