A ladybug on a leaf

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A relaxing bedtime meditation

1. lay on your back with arms by your side and eyes closed

2. Imagine the warm sea in your favourite colour is lapping at your toes

3 Imagine it continues to move up your whole body relaxing you, starting with your toes, ankles, feet, legs etc…

4 Now feel you whole body has become warm and relaxed and you are peaceful and happy.

Sheet 30

Thank-you letter

Sit with your child and think of someone that has helped you in some way. Write a letter of thanks to that person. Your child can read it out loud or give it to the person.

Gratitude Jar

Keep an empty jar with a lid. Every day write down something you are grateful for on a post it note or piece of paper. When the jar feels up or if you are feeling down you can open the jar and read the notes you have in there.

Going on a safari

Go outside on an exciting adventure. Pick up a small rock or touch a plant or flower.

Notice the birds and insects, take a moment to kneel and touch the earth.

Walk mindfully and quietly paying attention to all the sounds, smells, colours around you.

Happy mind, Happy life

For children’s good mental health

Family Fun

Produced by

The Parental Engagement

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