

WELL-BEING WORK OUT



Below are 24 different activities you can try to help you think about looking after yourself by taking care of your mental health.

Read through the list and pick out at least one from each group that suits you the best. There are some website links to help with resources.

Group 1

1. Write a letter to a friend, telling them about things that have been going well for you recently. Could you include some photos or draw a picture for them?
2. Think of a gift that you could give to somebody. Can you draw or make something that will make them smile?
3. Get some slips of paper and write something nice about a friend and then give it to them. Could you make similar 'compliment slips' for everyone in your family?
4. Make a friendship bracelet using some string, wool, beads and other small items.

Group 2

5. Make a certificate for a friend or family member to celebrate one of their special qualities or an achievement.
6. Write a thank you letter to somebody to show your appreciation for a gift or something that the recipient has done for you.
7. Write a letter to yourself in a week, month or year. What goals do you hope to achieve by the time you read your letter again?
8. Think about something that might be worrying you at the moment. Make a comic strip in which you overcome those worries. How did you do it?
9. Make a 'Fab File' to collect work and pictures that you are proud of, certificates that celebrate your achievements and cards from people that you care about. You could then look at it whenever you might be feeling low.

Group 3

10. Make a list of all of the things that you have achieved in the past week / month / year. Think of a way to celebrate your amazing progress!
11. Make a list of all of the things that you are grateful for. Could you show these on the petals of a flower drawing or the coloured stripes of a rainbow painting?

12. Find out about a charity that is important to you and think of ways that you could help. Make a poster to promote your chosen charity.
13. Listen to some relaxing sounds (e.g., rainfall, beach sounds, rainforest soundtracks). How do they make you feel? [This Youtube channel](#) has lots of examples.
14. Try some exercise. You could go for a walk, follow a workout or yoga video (e.g. [Cosmic Kids](#)) or play an active game with your friends.

Group 4

15. Find some old toys or other items that could be donated to a charity. How could your donation help others?
16. Visit a library or a bookshop and find some new books to enjoy.
17. Plan a routine that might help you to relax before bedtime. How does this compare with others' routines?
18. Talk about the benefits of being active with your friends. Could you plan a sporting event for everyone to get involved in?
19. Find some inspirational quotes online and choose one that you like. Could you turn it into a poster?

Group 5

20. Put on some calming music and colour in some colouring pages. There are lots of [free printables on our Teaching Ideas site](#).
21. Write a story. Use ideas from your favourite stories or the things that are around you right now. You could also try to illustrate it.
22. Make a time capsule that includes information about your life today. Which people are most important to you? What are you most grateful for? What are your favourite things? What goals do you have for the future? Keep this somewhere safe and open it in the future. Don't forget where you put it! [Our Time Capsule Pack will be helpful for this activity](#).
23. Try designing some new clothes. You might be able to draw on an old T-shirt, make a costume out of scrap / recyclable materials or create an outfit for a cuddly toy!
24. Make a scrapbook or a collage to show things that make you smile or things that you are proud of.