

School **WELLBEING** Challenge



2 Week Breathing CHALLENGE

Please find descriptions of how to do each below.

Tick off or put a sticker next to each one you complete! Make note of any that you liked and make your own fortune teller at the end of this document to use when you are feeling worried or nervous.

Monday		Five Finger Breathing	Monday		Box Breathing
Tuesday		Feather Breathing	Tuesday		Belly Breathing
Wednesday		Fire Breathing	Wednesday		4-7-8 Breathing
Thursday		Bubble Breathing	Thursday		Sunrise Breathing
Friday		Hot Air Balloon Breathing	Friday		Mindful Adventure

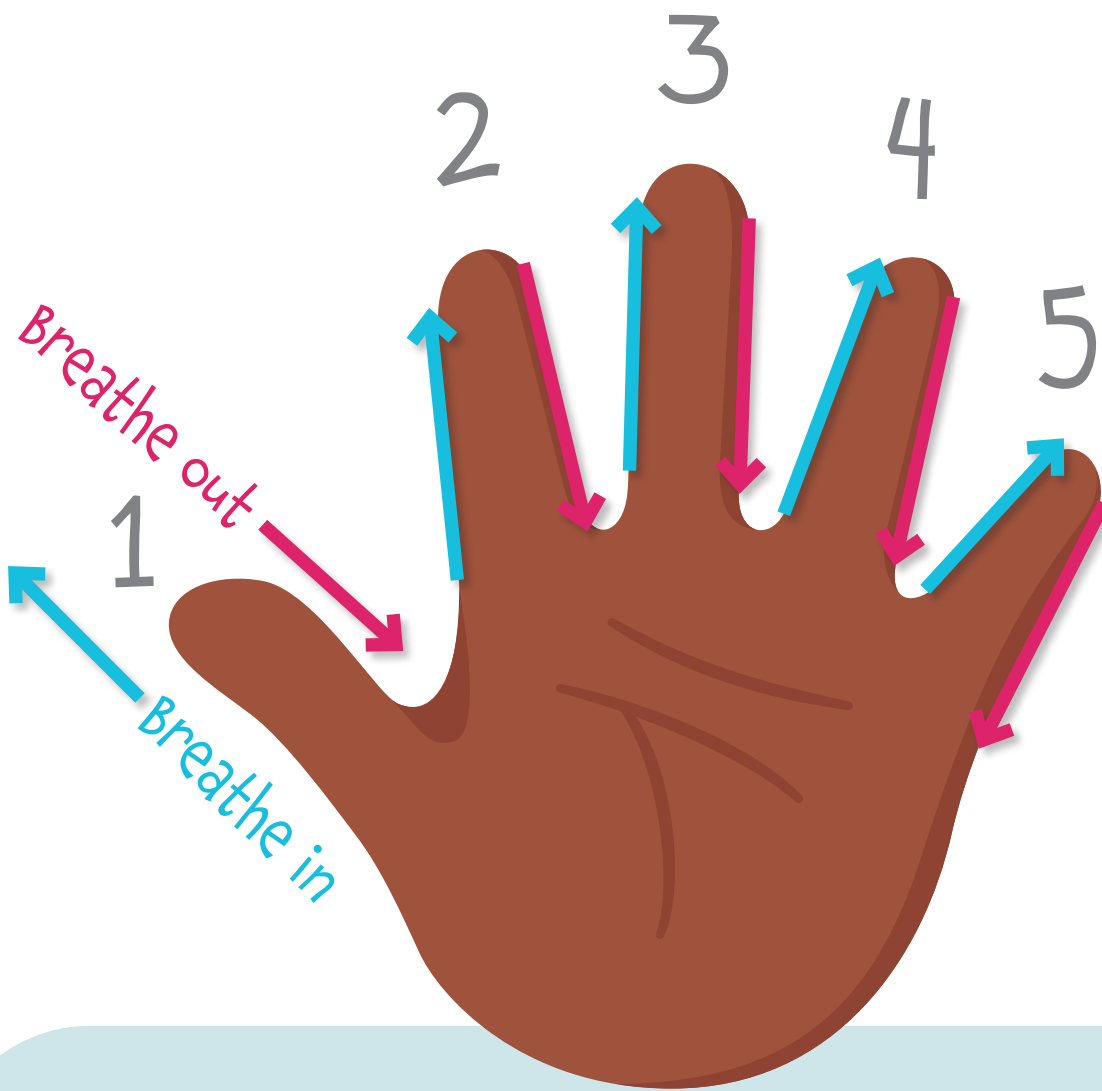
Treasure MAP

Work your way through the treasure map by practicing the breathing techniques you have learned from the 2 week challenge at home and in school when you are feeling a bit wobbly.

Cut out the images below to use for each step of the treasure map. Each time you use a breathing technique, stick the image on the map and explain to an adult why you used that technique.



Five Finger BREATHING



1. Start by putting your hand out in front of you with your fingers apart.
2. With your other hand, get your index finger ready to trace your hand that is in front of you.
3. Starting with your thumb, slowly trace your index finger up the outside your thumb, breathing in as you do so (as shown in the picture).
4. Breathe out as you start to trace your index finger down your thumb.
5. Continue this motion for the rest of your hand.
6. Repeat and notice any changes going on in your body.

Feather BREATHING

Purchase several large feathers from a craft store in various colours.

1. Choose a feather that is calming to you.
2. Hold the feather in one hand in front of you.
3. Slowly, take a deep breath and hold for 3 seconds.
4. While slowly breathing out, blow the feather up one side and down the other.
5. Watch and focus on the feather moving.



Fire BREATHING



1. Start by interlacing your fingers together and holding them underneath your chin.
2. Slowly, take a deep breath in. Whilst you are doing this, keep your hands joined below your chin, raise your elbows up above your head, and lift your face to the sky.
3. As you breathe out, imagine you are a dragon breathing out fire and bring your elbows back to your sides.
4. Continue to do this until you feel calm and energised.

Bubble BREATHING

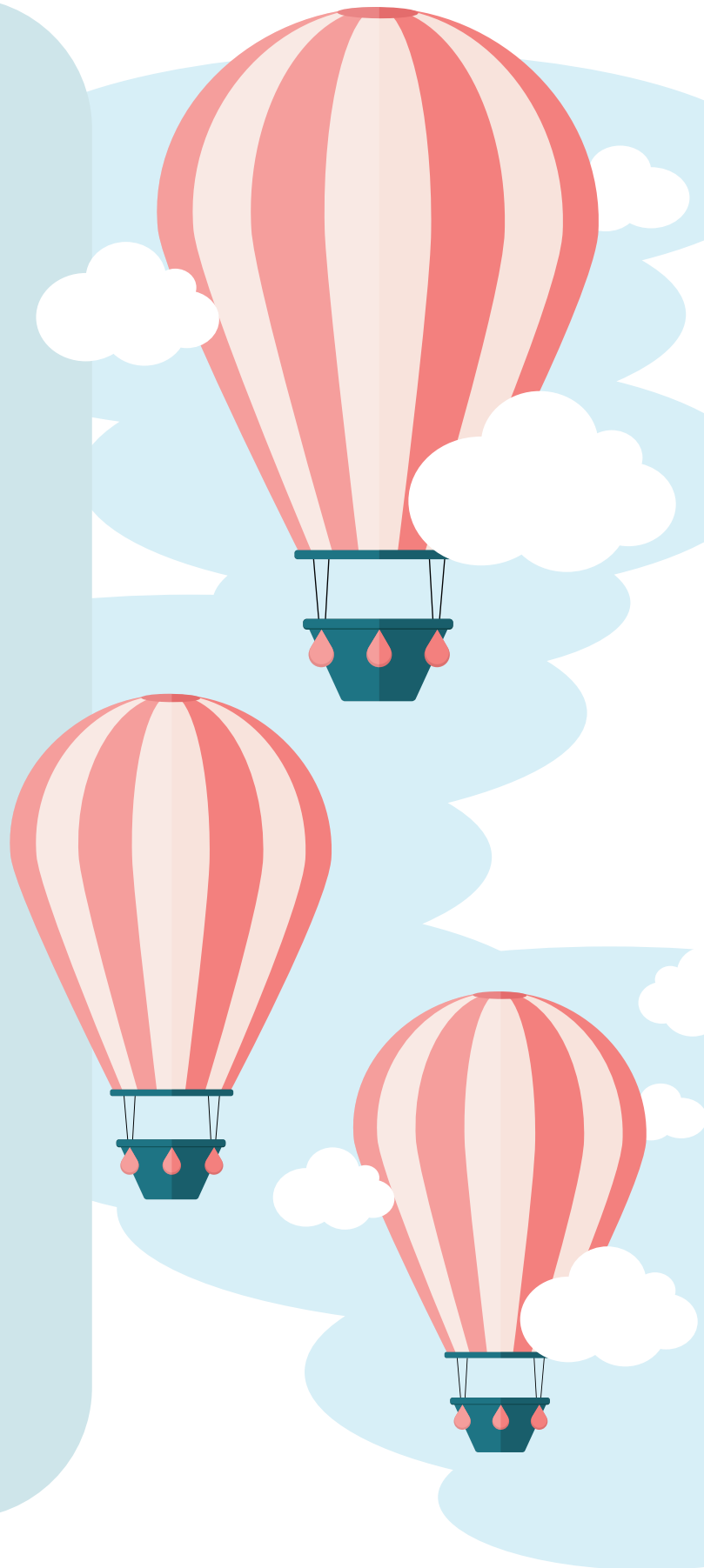
For this one, you can use real bubbles or use your imagination:



1. Close your eyes and imagine you are holding in your hand a bubble wand.
2. Get ready to blow a massive bubble by taking a deep breath in through your nose.
3. Breathe out slowly through your mouth. Imagine you are blowing a bubble through your wand.
4. See how big you can make your bubble.
5. Imagine that the bubble you have just made contains all your worries. Watch as it floats away.
6. Repeat until you feel calm.

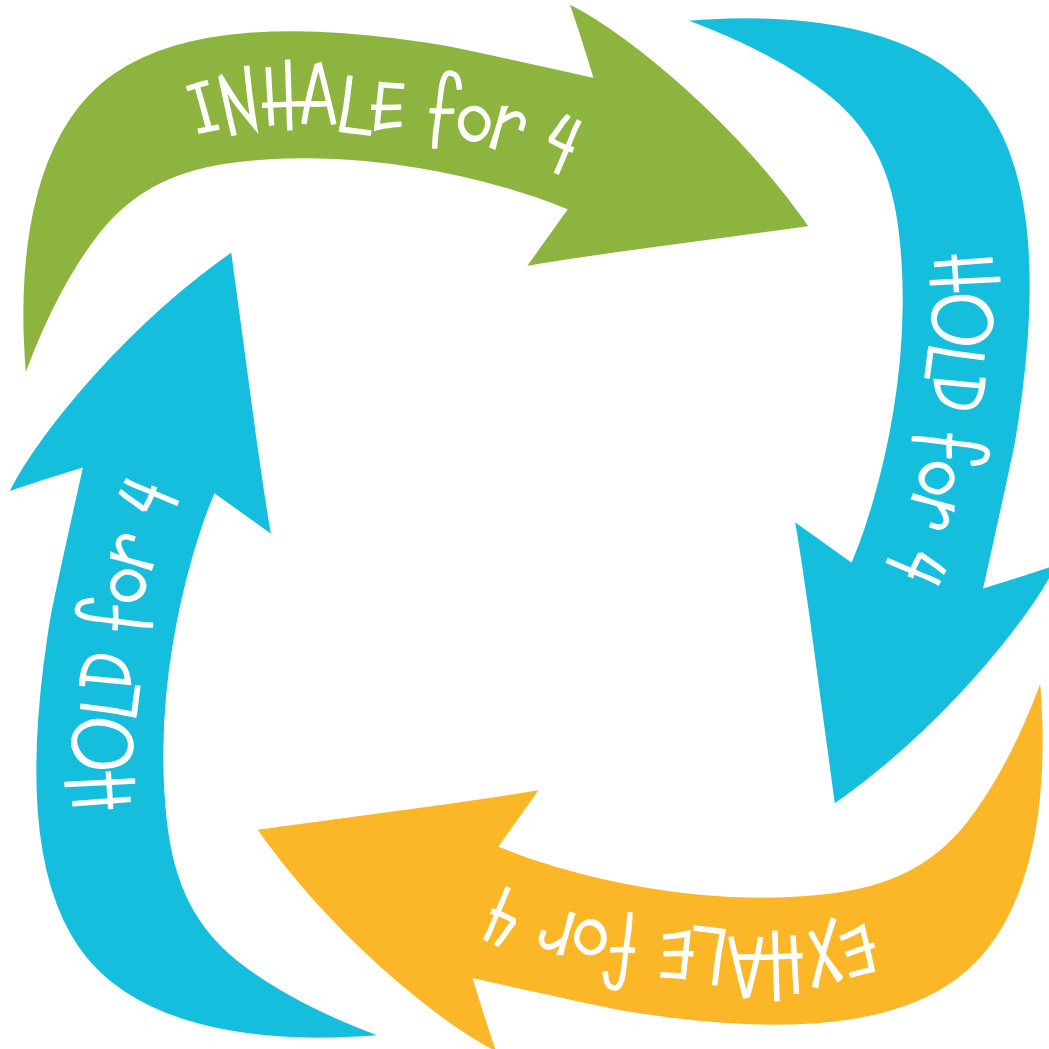
Hot Air Balloon BREATHING

1. Place your hands around your mouth like you are blowing up a balloon.
2. Get ready to blow up your balloon by taking a deep breath in.
3. Slowly begin to blow into your balloon with your mouth.
4. As you breathe out, imagine you are blowing up a hot air balloon, moving your hands outwards the bigger it gets.
5. Repeat this until your hot air balloon is ready to float away.
6. As you watch your hot air balloon float away, bring your breathing back to normal and think about what makes your hot air balloon different from others. What colours are on your hot air balloon? Are there any patterns on it?



Box BREATHING

When doing this exercise, feel free to have the template below in front of you to trace as you count



1. Inhale for a count of four.
2. Keep your lungs full for a count of four.
3. Exhale to the count of four.
4. Keep your lungs empty for a count of four.

Belly BREATHING



1. Before you start this breathing exercise, make sure you are in a comfortable position.
2. Position your hands as shown in the picture, with one hand on your chest and the other on your belly.
3. In this breathing exercise, try to not move your chest when you are breathing. You should be breathing with your belly.
4. Take a deep breath in through your nose, hold and slowly breathe out through your mouth.
5. Notice with your breathing how your belly moves in and out.
6. Repeat this 3 times or more and notice how your body and mind feels.

4-7-8 BREATHING



Inhale

4

seconds

Hold

7

seconds

Exhale

8

seconds

1. Get yourself into a comfortable position.
2. Take a deep breath in through your nose for 4 seconds.
3. Hold this for 7 seconds.
4. Exhale slowly through your mouth for 8 seconds, completely emptying your lungs.
5. Repeat until you feel calm and notice any changes in your body.

Sunrise BREATHING



1. Start this breathing exercise on your feet. Bend your knees slightly and fold your body down at the waist, so your head is between your knees and your arms are dangling.
2. Take a deep breath in, whilst slowly bringing your body up to a standing position and raising your arms above your head. Imagine you are the sun rising from the sea.
3. Hold this breath and keep still for a few seconds.
4. As you exhale, fold back down and imagine you are the sun setting for the day.
5. Repeat this breathing exercise and notice any changes in your body.

Mindful ADVENTURES

Please see below a script of a Mindful Adventure that you can read out



Sometimes our thoughts and worries can take over like crazy, energetic monkeys and often we need to tell our little monkeys to relax. Start by making yourself as comfy and cosy as possible in your chair, or on the floor. The trick is to try and be as still and as silent as you can.

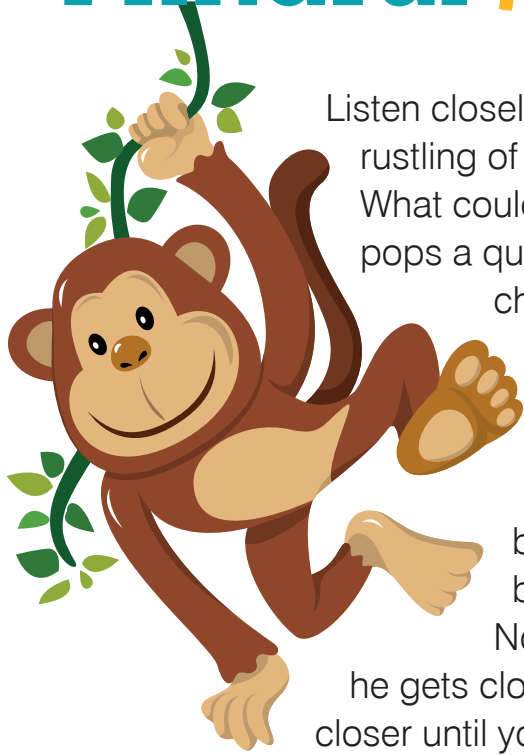
It's time now to close your eyes and begin to drift into a dream like world. Start to let yourself feel a little sleepy. Let go of all the work you've completed and all the things that you've learned. Give yourself a little break as we go on this adventure.

Today we are off to the exotic jungle. Take a deep breath in and a deep breath out.

Take another deep breath in and make each exhale a little slower each time. As you take your next deep breath in, imagine you are breathing in the fresh jungle air. Can you smell the fresh fruit and flowers blooming? Continue to breathe in the sweetness of the plants, the berries, the fruit growing high in the trees and the flowers bursting from all around you.

Slowly look up at the tall leafy palms, reaching out their arms across the blue sunny sky. Can you see coconuts as they hang high up near those leaves? Now look a little to the left. See if you can notice the ripe bananas hiding in the bright emerald green banana tree.

Mindful ADVENTURES



Listen closely to the rustling of the trees. What could it be? Out pops a quiet but happy, cheering and chirping monkey, swinging playfully from branch to branch.

Notice as he gets closer and closer until you see one of his hairy brown hands reach out to grab one of the bananas. He skilfully peels and quickly pops the sweet fruit into his mouth. He looks down and smiles at you and then he makes his way into a comfy spot on a thick tree. It's time for the monkey to rest and to soak up the warmth and the magic of this jungle world.

Now look up and see if you can spot the claws of a parrot, gripping and balancing on a long branch high up in the trees. Notice the ruby reds, the sunshine yellows, the grassy greens and the ocean like blues, as they blend into the most amazing coat of feathers on the exotic parrot. See if you can hear as he speaks to the insects, the toucan, the cheetahs, the frogs and the flowers all around him.

It's time for you to look around and further explore this enchanted jungle. Which animals have come over to visit you?

What can you hear? What else do you see? What kinds of things can you smell? How do you feel? And maybe think about what you can taste.

The jungle is a magical place that you can take your mind to anytime you need to recharge, to relax and just reset. If your mind is busy, like the monkeys and the jungle animals sometimes, just take time to drift away like we just did. Maybe even bring yourself back to this amazing jungle, and get lost with the animals, playing and resting in paradise.

Now it is time to slowly bring ourselves back to our surroundings. Say goodbye to the animals, reminding them that you will be back very soon. Begin to wiggle your toes. Open and close your hands, bringing life back into your body. Has your monkey mind settled at all? Bring your palms to touch, rubbing your hands together to create some warmth. Next, bring your hands up to cover your eyes. FFlutter your eyelids open and closed, kind of like a butterfly's wings. Now bring your hands back down, placing them in front of you.

You're now back in the room, hopefully feeling refreshed.



The 5 ways to WELLBEING are

Connect

It is important to talk and listen, as it can help relieve some of the stress we are carrying.



Take Notice

Remember to take notice of how you are feeling in the current moment and do things that bring you joy and happiness.



Keep Learning

Learning something new brings us a sense of achievement. Try to learn something new about yourself, a topic you enjoy, or try a new hobby.



Be Active

Moving our bodies can improve our mood and helps us release energy when we are frustrated.

Try to find a sport or way to be active that you enjoy.



Give

Giving to people can help improve our self-esteem, as we know that giving can make other people feel better.

Giving includes, paying someone a compliment, smiling at someone, or even saying hello and starting a conversation with someone new.



Including the 5 ways to wellbeing in your life helps you take care of your mental health and wellbeing.

It is important to regularly practice the 5 ways to wellbeing, as they help improve our mood and helps us to continue to feel positive.

By doing this 2 week breathing challenge, you have been focusing on Take Notice. As one of the 5 ways to wellbeing, Take Notice is important as it is about taking notice of the world around you and how you are feeling.

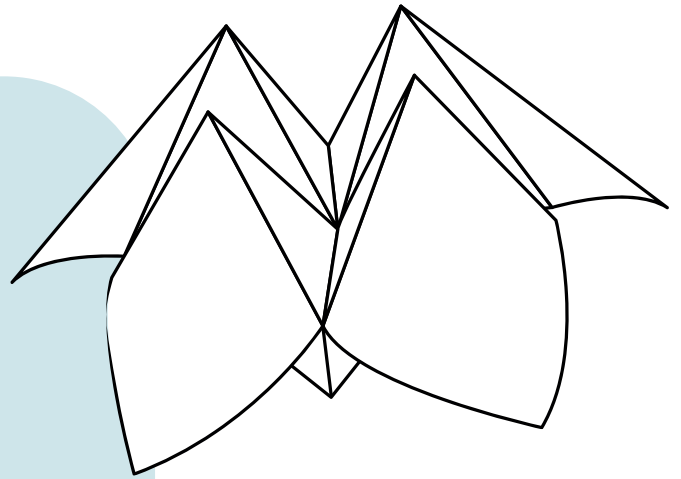
It is about being in the present moment, rather than thinking about any worries or stresses we may have. Breathing exercises are one way of taking notice of our bodies and how we are breathing. We can also take notice, for example by journaling or drawing our feelings, guided meditation and yoga.

The 5 ways to WELLBEING fortune teller

The below fortune teller includes some ideas that you can do to look after yourself, using the 5 ways to wellbeing. A fortune teller is a game that you can do in pairs or use by yourself.

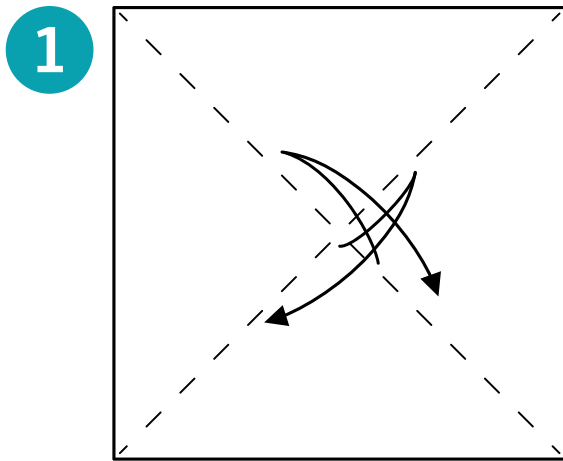
How to use a fortune teller:

1. Cut out the fortune teller and fold it together.
2. Have your partner pick out a word on the outside, and then open the fortune teller vertically one way, then horizontally the other way for however many letters are in that word.
3. Get your partner to then pick a number from within the fortune teller that they can see. Whatever number they pick, you then open the fortune teller as many times as the number they picked.
4. Then ask your partner to pick a number again. For this one you open up the fortune teller and read out what is said for that number.

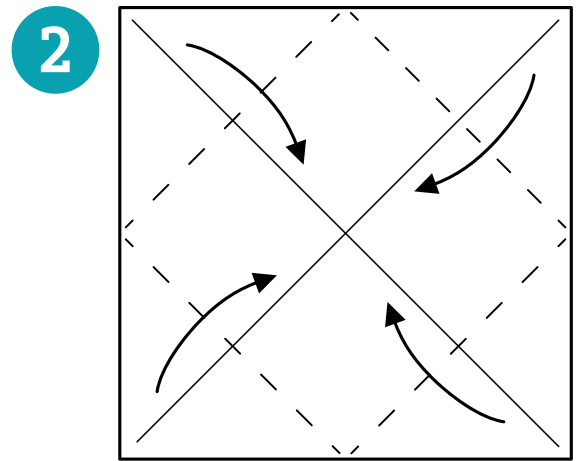


The 5 ways to WELLBEING fortune teller

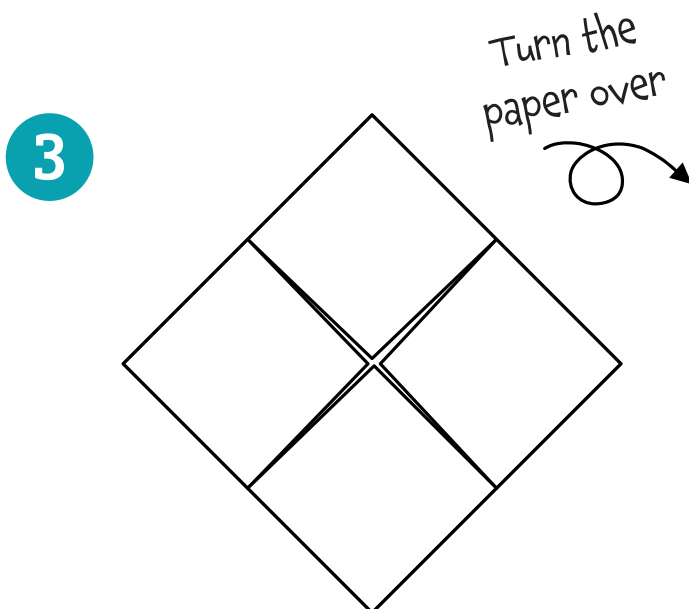
If you need help folding, instructions can be found below. Try it out with your friends so you can each try out a calming technique.



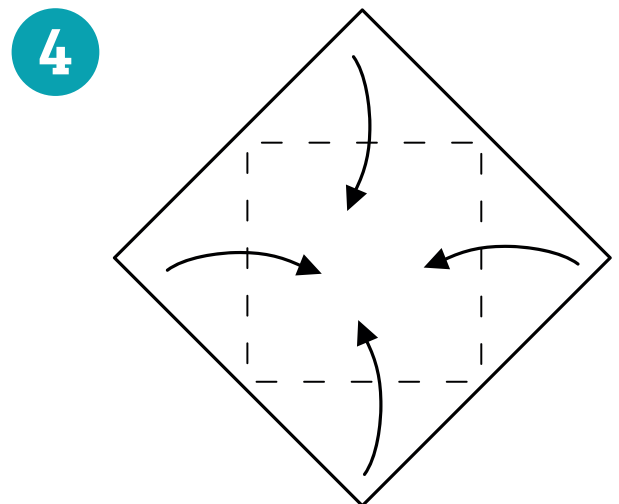
Cut out a square and place it on the table face down.



Fold up all four corners so that the points meet in the middle.



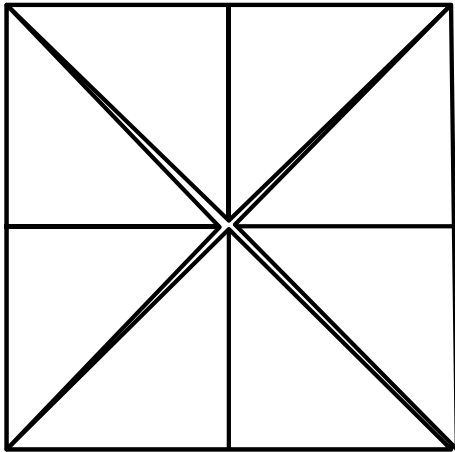
It should look like this when folded over



Fold in all four corners so that the points meet in the middle

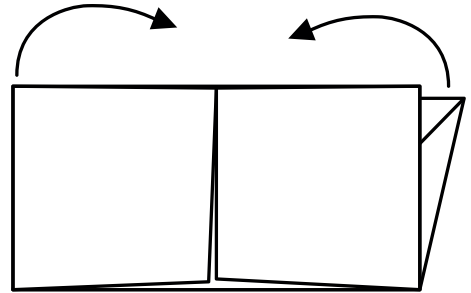
The 5 ways to **WELLBEING** fortune teller

5



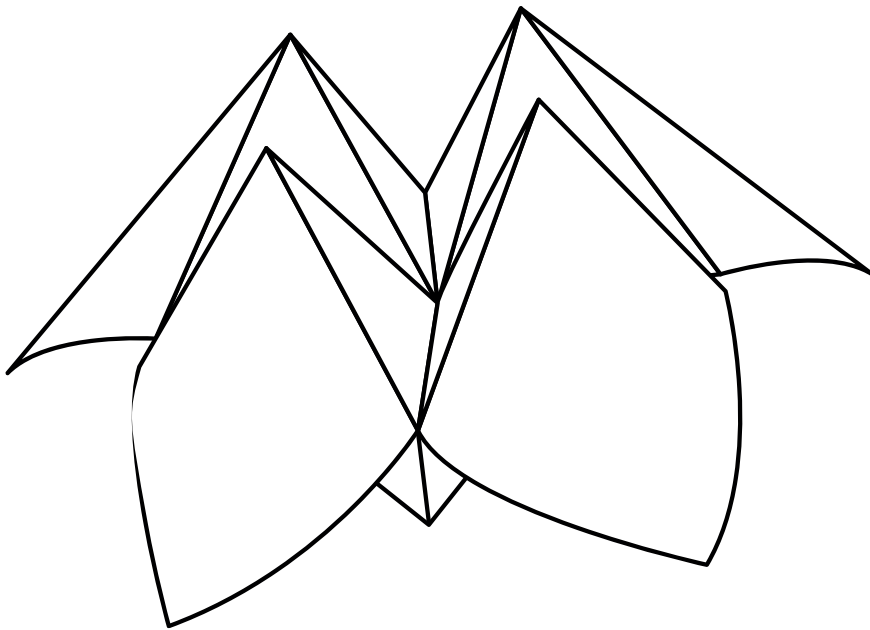
It should now look like this

6



Fold it in half

7



Push your fingers into the corners to work it into this

The 5 ways to WELLBEING fortune teller



Make your own WELLBEING fortune teller

Make your own fortune teller with calming strategies that help you

Use this blank template to write down under each number a calming strategy that helps you. Perhaps you would like to use some of the breathing exercises you learned from the 2 week breathing challenge. This can be really useful for when you are feeling stressed as a quick and easy way to find a way to calm down.

