

Holiday Happiness Journal

Let's take some time for reflection on the school year and remember the wellbeing tools we learned for the summer months. As the school year draws to an end, it's a good opportunity to take some time to think about what we are looking forward during the summer holidays. Why not start a Holiday Happiness Journal?

Quiet Time Chill Out Activity:

The summer months can be great fun, playing outside with friends and heading off on day trips, but it's nice to take some time to relax, even for a few minutes every day. All you need to do is sit or lie back, scrunch up your whole body for a few seconds and then let go and relax. Try this a few times in a row. It should help you feel nice and relaxed.

Me Minute:

This is another lovely, relaxing activity to do when the summer holidays get very busy. Take a 'Me Minute', where you sit in a comfortable quiet space and close your eyes. As you breathe in and out, listen to your breathing. Think about how your day has been.

Imagine that you are blowing away your busy day as you breathe out. Then sit for another while just thinking about where you are and how you feel. Take some time to enjoy your 'Me Minute'.

Music Moment:

Nature seems to come to life in spring and summer. On a nice day, you could go on a walk around the local park or green space, and try to identify the sounds you hear. You might be surprised by the bird and animal sounds that you hear when you are listening! Can you tell the difference between different bird calls?



