

CHILDREN AND YOUNG PEOPLE ACTIVITY PACK TEN

IN THIS PACK:

A Peaceful Minute

Draw your Activity

Dance Party



MORE *Life*



A PEACEFUL MINUTE

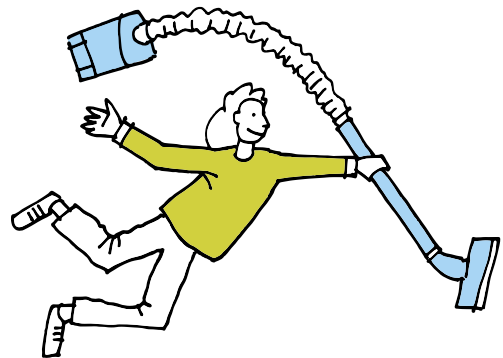


We can sometimes find it very hard to just sit and relax. By taking some time to yourself, you can learn how to relax and spend some time reflecting on your day. It helps calm the body and to be more mindful when we are constantly on the go.

Everyone is on the go all the time, have you taken some time to slow down?

Not only do we want to look after our bodies through what we eat and what we do. We should also look after our minds. There are many ways we can look after our minds, but it can feel overwhelming. As a family, you can support each other by completing some mindful activities together.

Mindful Minute



Complete together

Complete a peaceful minute once a day for one week, as a family. Sitting together in a room and removing all distractions by turning everything off. Closing your eyes and staying silent for one minute.

How to complete your mindful minute

Take your mind back to the nature walk, and how you felt on the nature walk. Remember the sound of the leaves. Remember what made you happy on the walk and what smelt nice.

How did you feel when you first started the peaceful minute?

How did you feel at the end of the week after completing a peaceful minute every day?





'Shall we complete our mindful minute to unwind before bed?' Mum said.

'Yes, I really enjoy thinking about my day and what I've done' said Miya.



Mum, Miya and Lee put down their tablet, laid down in bed, and had a mindful minute to think about their day and be mindful.



'I feel so much better for that mindful minute' said Miya.

'This has really calmed me down and cleared my mind from my school worries' said Lee

'I feel relaxed and ready for bed' they both said

'We're glad that mindful minute helped. It's made me feel calmer after my busy day at work' said Mum.



DRAW YOUR FAVOURITE ACTIVITY



Can you showcase the activity you have drawn? Try putting on a performance for your family on the different exercises or movements you have learned whilst completing the MoreLife Programme. You may even want to make them one of the healthy snacks you have learnt to make.

Your MoreLife journey is almost complete.



We hope that you have learnt many things about keeping our bodies healthy.

We hope that your programme has helped you to feel better physically and mentally.

Your own journey is not over... What will you do next?

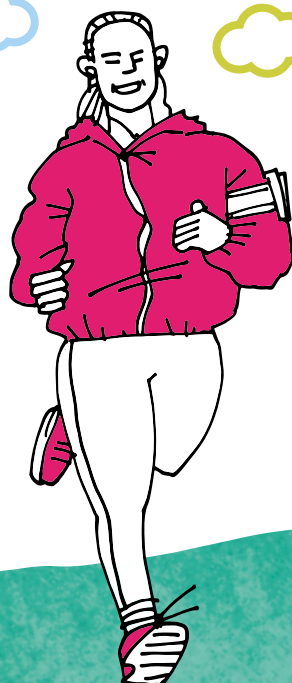


Walk in Nature

Grow a Herb

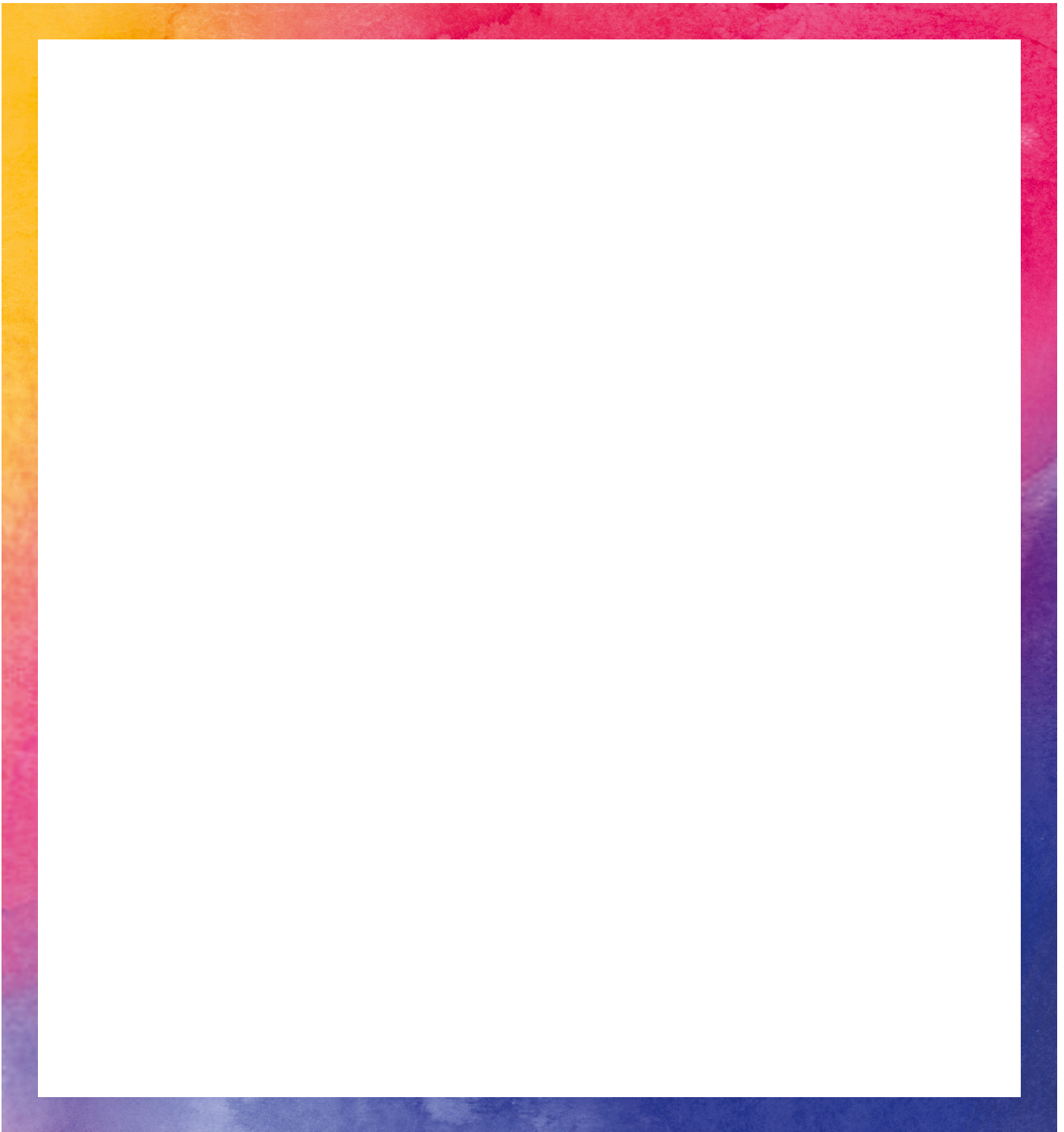
Fruit Kebabs

Goldilocks



Challenge your child(ren) to draw their favourite activity or challenge they completed during the programme in the box below or on a separate piece of paper.

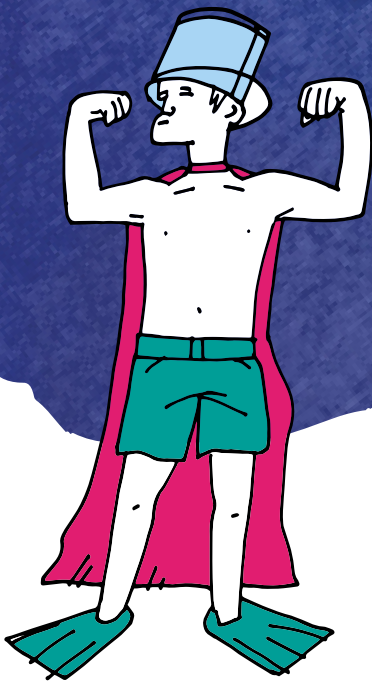
Have a discussion and some reflection time on why it was their favourite.



Discussion Questions

- Why was this activity/challenge your favourite?
- What did you like the most about it?
- If you were to do it again, what would you do differently?
- How do you think you could improve this activity/challenge?

Please complete a quick survey on this pack at
smartsurvey.co.uk/s/Pweek10



DANCE PARTY

Come join our dance party to celebrate all the work you've done at MoreLife. Bring those moves to the dance floor.



DANCING IS A GREAT WAY TO GET OUR BODY MOVING AND HEART PUMPING. KEEP THE BODY MOVING AFTER MORELIFE TO KEEP HEALTHY