

## Digital detox

Limit device use to 2 hours daily (online schooling is allowed). Uninstall unused apps and mute devices when you're with others. Try to switch off by 9pm.



# Wellbeing Kit

Wellbeing activities for children up to 16 years old.

## Relax

Getting [enough sleep](#) has a huge impact on how we feel and think each day.



## Morning treat

Mix frozen banana, 1tsp coco or cacao powder, 1tsp peanut butter, milk, honey or maple syrup.

## In the moment

Bring your attention to the space you are in. What can you see, hear and feel?

## Did you know?

Mindfulness is practiced by performers, athletes and more. [Click here](#) to learn more and start your mindful journey.

## Stress catcher

Life can feel really challenging, it is important you develop some [coping strategies](#).

## Sit with sensations

Scan your body from head to toe. Name, label and observe any sensations, without judgement.

## Reflective journal

Keep a daily journal of thoughts and feelings. Record what you are grateful for each day.

## Routines

A list of daily rituals helps keep you on track and in tune with your life, [click here for ideas](#).

## Take a walk

Being in nature could help you to stay in the present and focus a [wandering mind](#).



## Natures ornaments

Beat the lockdown blues by getting outside and creative! Have a go at making an [ice ornament](#).

## Express yourself

Express your internal feelings by creating a comic for teens on managing this situation, who are villains and the heroes? Paint, draw or write it.



Please note, underlined text are hyperlinks to websites.

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Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so.

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