









FEEL GOOD FRIDAY CHALLENGES		Brain Booster: <u>Let's look after your mental health...</u>	Curious Challenge: <u>Let's be curious and explore outdoors...</u>
Week 1		Dragon Breathing. Practice dragon breathing, by breathing in through your nose and imagining that you are inhaling courage or calmness, then breathe out through your mouth loudly like a dragon breathing out fire! Imagine that all of your anger or worry is leaving you and being burned up in the dragon's fire!	Build a den outside. What can you find outside to create a shelter? Big twigs and branches are great natural resources when paired with string or twine to help you build a shelter. Create a plan and then build it! Can you make it waterproof and test out if you stay dry inside?
 What questions can you think of that have no answer?			
Week 2		Noticing our surroundings. Sit comfortably with your back straight and your hands relaxed on your knees. Close your eyes, relax and listen to the sounds in the room. What could you hear? Did you feel relaxed listening to the sounds? Was it difficult? Repeat this exercise and count how many sounds you can hear.	Create a home for wildlife. All sorts of animals need homes, so why not try making a bug hotel, a house for a hedgehog, or even a motel for a household pet? Think about the creature you're making a home for – does it need to be warm, light, dry, dark, cold, or wet?
 What question can you think of that have more than one answer?			
Week 3		Connecting with our bodies. Wake up your brain by doing two different things at the same time, on opposite sides of your body! Stand or sit with your feet touching the floor. Try to tap one foot up and down and count to five. While you are tapping, wiggle the fingers of the hand on the opposite side. Switch sides and count to five. Switch sides as many times as you can. Remember to laugh if you make a mistake!	Bird watching. Watch birds fly, sing, chat to each other and eat their food by finding somewhere quiet to sit, watch and wait. See how many you can spot – maybe you could create a bird spotting diary that you update with the time of day and where you spotted the bird in your garden.
 If you could only have one of these, what would you choose? Fame or friends?			
Week 4		Exploring how we see ourselves. You and a friend fold a piece of paper in half. On one half, create a picture of yourself to show what you look like and how you feel. On the other, create a picture of a friend or family member. Together, compare all four pictures – talk about what is the same or different between the way you see yourself and the way your partner sees you.	Listen and create sounds outside. A blade of grass makes an amazing noise when you know what to do with it. Try blowing it, rubbing it, squeezing it etc. A couple of stones and a tree stump can double as a wild drum. Have you ever stopped to quietly notice what sounds nature makes in your garden?




If you could only have one of these, what would you choose? Intelligence or beauty?

Week 5		Cloud watching. Spend some time looking at the clouds as they move. Can you see any shapes or pictures in the clouds? Notice how you are breathing and take a deep breath in and out. Look for any changes in the sky, relaxing your body and mind.	Get to know a tree. Crouch down to look at the roots of your tree, or explore and consider whether anybody could clamber to the very top of its branches. Measure how wide its trunk is with your arms. Use your hands to feel the texture of its bark – is it bumpy, rough or smooth? You could make a rubbing with paper and a crayon to reveal the lines and patterns. Maybe even create a fact file about your tree!
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If you could only have one of these, what would you choose? Strength or speed?

Week 6		Noticing the good things This week at the end of each day take a moment to reflect on the things that have gone well or made you feel happy. Maybe even make a note of these and look at them all together on Sunday evening.	Fly a kite Kites come in lots of different colours, sizes and even shapes. But they all have one thing in common – they love to fly! Create your own kite using sticks, material and string and see if you can fly it. You will need some open space, so maybe head to the park and explore how pulling the string tighter or looser affects the kite's flight!
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Would you rather be the size of an acorn or as big as a large tree?