






FEEL GOOD FRIDAY CHALLENGES		Brain Booster: Let's look after your mental health...	Curious Challenge: Let's be curious and explore outdoors...
Week 1		<p>What are your superpowers? Can you name 5 things that you are really good at? Here are some examples:</p> <ul style="list-style-type: none"> - Being kind - Sharing - Being a good friend - Playing independently - Art / football / gymnastics <p>How are you going to use your superpowers this week?</p>	<p>Summer walk With a grown up, go on a relaxing summer walk around your local area to enjoy a warm, light evening. Consider what you see and what you hear. What did you enjoy?</p>
Week 2		<p>Make your own sensory play dough Use 2 cups of water, 1 cup of flour and 1 cup of salt. Mix it all together until it forms a consistency similar to play dough. You could add lavender to give it a relaxing smell or some small stones to give it texture! Play dough is a good way of relieving uncomfortable feelings and helps us to ground ourselves.</p>	<p>Observational drawing of a flower What is your favourite flower? What flowers can you see in your garden or local area. Draw a sketch of your chosen flower by looking carefully at the details. What shape are the petals? How long is the stem?</p>
Week 3		<p>Draw a compliment tree Draw a tree with some long branches. Ask some friends or family members to write a compliment on a branch for you. Save a few branches for yourself to write your own compliment. Remember a compliment can be about many things, i.e. appearance, personality, skills or achievements.</p>	<p>Roleplay Choose your favourite book. Go into your garden or an outdoor space and perform scenes. You can do this on your own or with family members. Have fun!</p>
Week 4		<p>Dance Find some music which reflects how you are feeling today. Dance or move your body to the sound of the music. How did it make you feel? How do you think you would feel if you put on some fast and loud music?</p>	<p>Build a structure Using a variety of natural resources, what is the biggest structure you can build so that it stays standing for more than 10 seconds! Tip: a strong, wide base can be helpful.</p>
Week 5		<p>Favourite place Draw a picture of your favourite place. This may be somewhere you went on holiday, a grandparents house, your bedroom, school or the park, it can be anywhere you choose. Draw a picture of it. What are your favourite things? Are your favourite people there? Thinking of our favourite place (this may be your safe space), can make us feel calm and happy.</p>	<p>Build a bug house Using natural materials, build a house perfect for bugs or smaller creatures. You could use sticks, stones, leaves, soil, grass and more! Will your house have a doorway? Will it be flat or tall?</p>
Week 6		<p>Rainbow Feelings Draw, paint or colour a rainbow and add feelings words to each colour. Does each colour make you think of a different feeling? Can you sort your feelings into the different colours? I would put sad in the blue section. What does the colour red make you think of? Or green?</p>	<p>Bug hunt Go and explore your garden or an outdoor space and see how many bugs you can find! Where are they hiding? How many legs do they have? What colours are they? Can you take photos, draw them or write about them? If you go outside your home, make sure you have a grown up with you.</p>