

BE KIND TO YOUR MIND

Welcome to Holiday Heroes!
 This week is all about *caring for ourselves*.
 How many of these 5 activities will you do over the holidays?

Collect your credits!
 Claim 1 credit for each activity you do. Log the activity on Aspire to unlock your credit!
www.cus-aspire.com
 (You can only log each activity once.)

ACTIVITY 1: LET IT GO

Write 5 things you've missed out on in lockdown on scraps of paper. Scrunch up each and let it go. Now write or draw 5 things you're looking forward to in the next few weeks. For each thing you let go, add another thing to your looking forward list. Put it somewhere you'll see it every day.

You will need: paper, pen/pencil, time & space to think

ACTIVITY 2: SHRINKING ISLAND

Set a 'rope' on the ground in a circle so all players can stand within it with a little space. Set a 3-minute timer. Everyone onto the island! After 3 minutes, you'll shrink your island. Plan how all players will still fit on the island! How many times can you shrink your island and still fit?

You will need: 2+ players, rope (e.g. string, jumpers, skipping rope), timer

ACTIVITY 5: HAPPY DIP

Write down 5 good things on card or lolly sticks. It can be things you like about yourself or others, a happy memory or an action that makes you feel good. Add them all to a jar, and pick a happy dip next time you need a boost. Each time you dip, add a new card to the jar so you always have something good waiting for you.

You will need: card/ lolly sticks, clean jar, pens, decorations

ACTIVITY 3: COMEDY COMIC

Make a comic strip that shows a story from your life that makes you laugh out loud. What details are most important to show how you feel? How will you highlight these in your comic strip?

You will need: paper/card, pens/pencils

ACTIVITY 4: BUDDY BINGO

Make a bingo card and draw a grid with 5 spaces. Can you find a like or dislike in common with the next 5 people you speak to? Include family, school friends, teachers... Fill a space on your buddy bingo grid every time you do. Once all 5 spaces are filled, you've got BINGO!

You will need: Card/paper, materials to decorate, good questions

FIND MORE FREE ACTIVITIES AT:
www.childrensuniversity.scot

GET IN TOUCH:

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