












Ambleside Academies Mindfulness Mantras

What is wellbeing?

Wellbeing for life is feeling comfortable, healthy and happy. This is not only physically but mentally too. There are many activities that you can do to improve and maintain your physical and mental wellbeing. The activities below will help you to relax, exercise and be creative. Mental and physical wellbeing is the key to feeling happier.



<p>Go on a nature walk.</p> 	<p>Listen to a favourite piece of music</p> 	<p>Read a book.</p> 
<p>Experiment with salt dough, bubbles, playing with balloons, a texture bag, feather, or the blindfold sensory game.</p> 	<p>Watch your favourite film.</p> 	<p>Play with your favourite toy.</p> 
<p>Watch a video for kids on deep breathing and feeling calm.</p> 	<p>Building with equipment e.g. Lego or junk modelling.</p> 	<p>Snuggle your favourite teddy or blanket.</p> 
<p>Make a puzzle and build it.</p> 	<p>Make a den and have a picnic in it.</p> 	<p>Play hide and seek.</p> 