

# Wellness



# Did you know?

Mindfulness helps improve creativity and focus.

## 5 MINUTE MINDFULNESS

### BELLY BREATHING

- Lie down on the floor with a teddy/cushion on your belly
- Take deep breaths and watch the teddy/cushion rise and fall

Repeating this a few times will help you relax!



### BLOW YOUR WORRIES AWAY

If you are anxious or worrying about something try this -

- Take in a deep breath
- Exhale, imagining you are blowing your thoughts into a balloon
- Tie a knot in the balloon and let it out of the door/window

### CHEEKY MONKEY

- With a sibling or parent, stand facing each other.
- One at a time, without making noise, pull a face to make them laugh.

How long can you last without laughing?



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