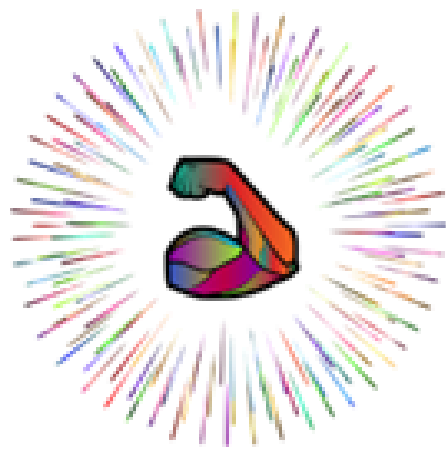


MONDAY – STRENGTH AND RESILIENCE

'Tough times don't last. Tough people do.'
We have all faced many challenges over the last few weeks and we have found ways to overcome them. We would like you to celebrate your strength today and make some plans for the future.



#croesywellbeingweek

Strength/ Resilience

Activity 2

- Make a wish list- What crazy and exciting things would you like to accomplish before you are thirty?
 - o Find a creative place and do a crazy brainstorm.
 - o Involve your friends and family.

Consider all of the following:

- Places you would like to visit
- Foods you would like to taste
- Movie scenes you would like to experience in real life
- Skills you would like to learn
- People you would like to meet
- Activities you would like to try



Strength/ Resilience

Activity 3

- Create a Banksy work of art! Study how cartoonists in papers and magazines and artists such as Banksy are communicating messages about Covid19. Can you make a Banksy inspired piece of art to communicate the strength and resilience shown by us all during lockdown?

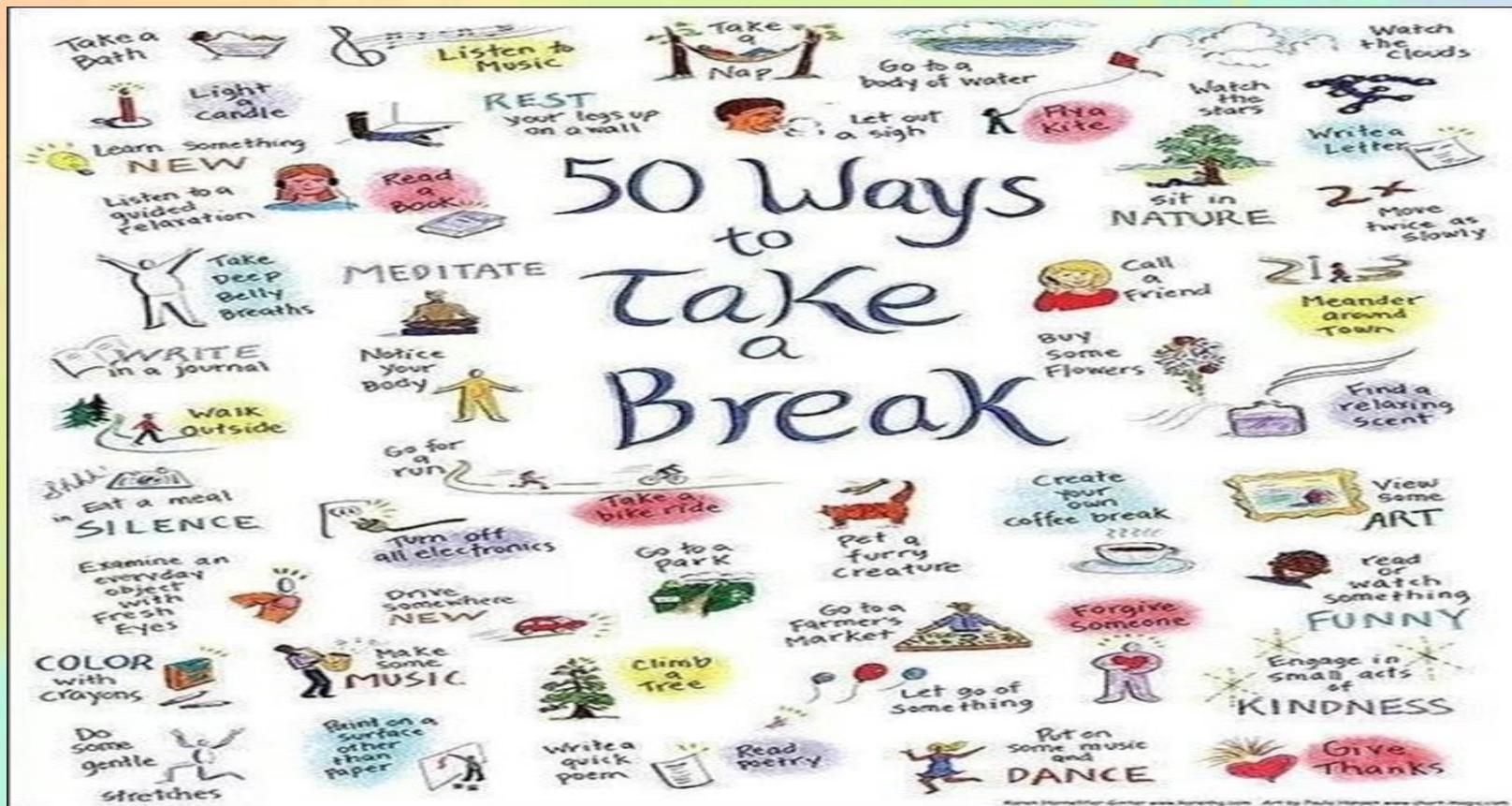


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Strength/ Resilience Activity 4



Take a break bingo! How many of these strategies have you tried today?



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Strength/ Resilience

Activity 5

Create an obstacle course around your house and garden, blindfold someone and direct them around the course. If it's too easy, give them a time limit! The blindfolded people are forced to rely on the advice and support of others to complete the course. You will get it wrong; you might even fall over but you are resilient, so you get back up and start again!



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Strength/ Resilience

Activity 6

Make a mindfulness jar

When the glitter jar is unshaken, the glitter is settled peacefully at the bottom of the jar. You can see clearly through it. The glitter can represent thoughts. When we're feeling angry or upset (shake the bottle.) Our thoughts swirl around so we aren't able to think clearly. Watch the glitter though, it always settles. And as you watch the glitter settle, notice the mind settling too. When the glitter returns to the bottom of the jar, you will feel calmer and can think more clearly.

You will need:

A jar or bottle with a lid

Clear glue

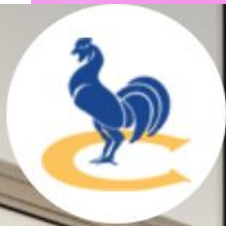
Glitter and a funnel

Warm water from the tap

2 drops food colouring

Method

1. Fill your bottle about 1/8 to 1/3 full with glue. The more glue you add, the longer it will take for the glitter to settle after shaking.
2. Add glitter, start with a tablespoon or so. Take a deep breath as you watch your child pour glitter everywhere but inside the bottle. PS: a slightly damp paper towel wipes up fine glitter pretty well. A vacuum works even better.
3. Fill the bottle the rest of the way with warm water. At this step, before filling the bottle all the way, you can leave a little less than an inch of space at the top of the bottle, cap it, and shake it to see if you want to add more glitter, more glue, or just more water.
4. When the bottle is full up to the neck with water, glitter, and glue, cap it. I recommend using a hot glue gun to seal the cap closed. I did this by applying a single ring of glue all around the top threading and then screwing the cap on.





Resilience

Learn or improve a new physical skill

You can choose any physical skill that you want to improve. e.g. juggling, keepy-ups, netball shooting, basketball dribbling.

You must spend at least 3 hours throughout the day practicing that skill. It's probably best to split your practice time up into smaller sessions.

What's important to remember is that you **don't give up**. Make a note of your skill level before and after the three hours.

Upload your efforts to Twitter or Instagram

@CroesyPE

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