

WEDNESDAY–JOY

'Life is so much better when you're laughing'
Positive emotions such as joy and laughter make you more open minded
and help you to cope when life is challenging. Have fun with your family
today!



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Joy

Activity 1

Make a soothing rainmaker-

Step 1:

Grab a paper towel roll. Then, cut out a circle from a paper bag that's slightly larger than the circumference of your paper towel roll. Trace the paper towel roll in the middle of your circle. Then, cut out about 4 equally spaced slits from the edge of the circle to your traced circle.

Step 2:

Fold up your paper bag circle over your cardboard roll. Use masking tape to attach your circle to your cardboard tube and seal off an end.

Step 3:

Pull out a box of aluminum foil. Rip out a sheet of foil that's about 3x as long your tube. Scrunch the aluminum foil into a long snake. Then, fold it to and fro, creating a bunch of kinks. (This will slow down the fall of your rice and corn to make it sound more like a real rain stick!) When you're done, stick it into your tub.

Step 4:

Mix up a bunch of corn and rice. Pour your rice/corn mixture into your cardboard tube. Then, seal the other end following the same directions found in steps 1 and 2.

Step 5:

Decorate the outside of your tube.



Rain Stick
TUTORIAL



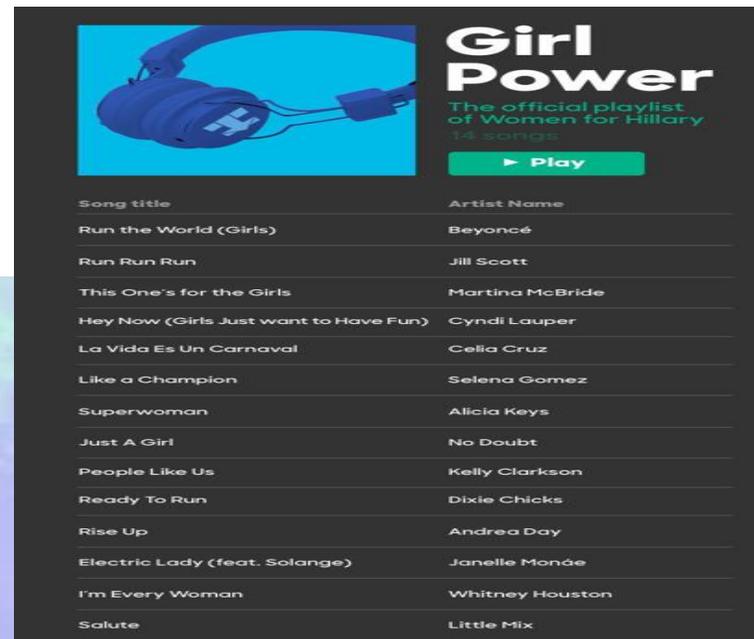
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Activity 2

Create a musical playlist that builds your mood.
Share this with your friends and family.



Girl Power
The official playlist of Women for Hillary
14 songs

[▶ Play](#)

Song title	Artist Name
Run the World (Girls)	Beyoncé
Run Run Run	Jill Scott
This One's for the Girls	Martina McBride
Hey Now (Girls Just want to Have Fun)	Cyndi Lauper
La Vida Es Un Carnaval	Celia Cruz
Like a Champion	Selena Gomez
Superwoman	Alicia Keys
Just A Girl	No Doubt
People Like Us	Kelly Clarkson
Ready To Run	Dixie Chicks
Rise Up	Andrea Day
Electric Lady (feat. Solange)	Janelle Monáe
I'm Every Woman	Whitney Houston
Salute	Little Mix



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Activity 4

Make a positive Mood Board- A mood board is a mixture of images, colours, fonts, materials and words that inspire you and can describe a mood or atmosphere perfectly. You can use a mood board to show your feelings. Treat your mood board design like an unassembled puzzle or the ingredients of a recipe. It will contain elements that will come together to represent a certain mood.

Start out just by assembling images, fonts, photos, quotes, cut outs from magazines or newspapers and whatever else that fits with your project. Sometimes contrasting images may work well right next to each other, drawing out the mood.



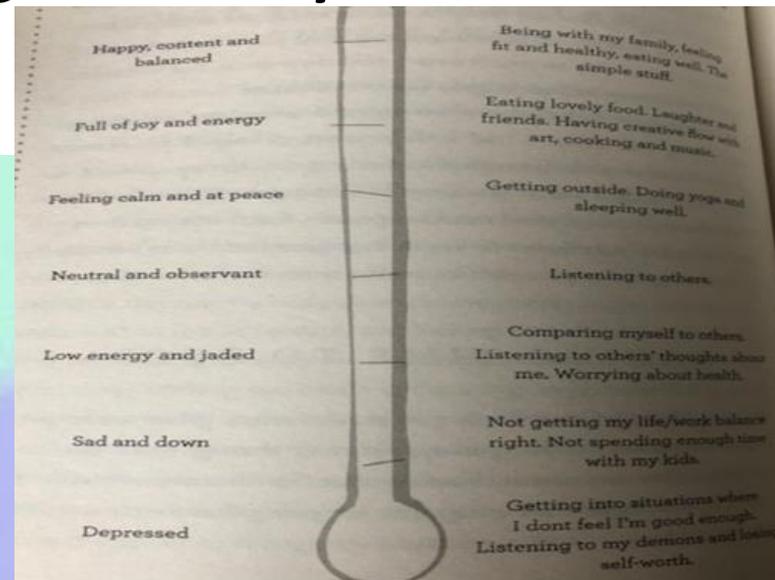
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Activity 5

Create your own barometer of happiness like the one in the picture below. What feelings and coping strategies do you have for each stage?



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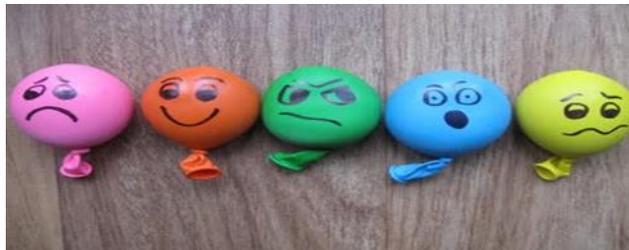
Activity 6

Make a stress ball

Here is what you are going to need to make this type of stress ball.

- Balloons (not water balloons they are too thin for this project)
- Cornstarch
- Water
- Water bottle (empty)
- Food colouring (optional)

In a bowl mix a cup of water and two cups of cornstarch. Stirring until it makes a goopy paste. This mixture should have resistance when stirring in a fast pace. You can add food colouring now if you would like to. Pour the mixture into the water bottle, the water bottle makes it easier to get the mixture into the balloon. Take the balloon and attach it to the water bottle top, covering the opening of the water bottle. Flip the water bottle over and squeeze the mixture into the balloon until full. Make sure not to let any air bubbles. Tie the end of the balloon to seal. With another balloon that you have cut the end off the balloon. Wrap this second balloon over the filled balloon to add a little more strength to your stress ball.



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Joy

Recreate a famous sporting occasion.

There have been many famous occasions in sport. With your family try to physically recreate the moment.

Upload your efforts to Twitter or Instagram
@CroesyPE
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