

# Staying grounded and feeling good

10 ways to look after yourself and your whānau, and have some fun along the way! These activities incorporate the principles of positive psychology, and are easy to adapt and reuse.

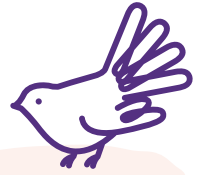
## SHARE SOME FEEL GOOD MEMORIES:

Talking about your positive memories can bring back the feelings we associated with them at the time – pretty cool huh! Kids often love our memories... tales of when they were babies, stories of their grandparents. Linger in the feelings to make them last.



## READ ALOUD OR ESCAPE IN A TALKING BOOK:

Choose a cool kid's classic and treat the story reading like a movie night without the pictures! Feeling cozy helps us relax.



## BUILD A PLAY SPACE:

Make a hut, inside or out, and have a picnic there or nestle in to sleep – a li'l bit of fun and a little bit more cozy.



## PLAY CARDS:

If you can steer clear of too much competition, playing cards brings us into the present (stops us thinking too much!), boosts our concentration and again, it's more together time. All good for us!



## SORT OUT YOUR TREASURES:

Get around to doing the family album or an album for certificates, letters, special things. This is another way to recall positive memories, talk about our past and celebrate our achievements.



## FEED THE BIRDS!

Making a bird feeder or putting oats or honey water out for birds to enjoy is a great way to 'take notice' – one of the biggest ways to boost our wellbeing.



## LIE ON THE LAWN AND WATCH THE CLOUDS:

A wee bit of mindfulness and a whole lot of being present and taking notice!



## BAKE SOMETHING YUMMY:

Again, a little bit of cozy, maybe a little bit of memory making, and a little bit of fun, together-time. Super good for us all.



## SPEND SOME TIME BEING GRATEFUL:

Make time to talk about the things you're grateful for. Mealtimes are a great place for this, or early mornings. The science behind gratitude is cool and compelling – when we can be thankful for others in our lives it gives us a real boost.



## GO 'OLD SCHOOL' WITH HOPSCOTCH OR FOUR SQUARE:

Being active and present like this is good for all of us. Be 'silly', lose the game, who cares? Just do it!



## TRY SOMETHING YOU DON'T FEEL THAT CONFIDENT DOING:

Often we think we're not good at something simply because we've developed a fixed mindset around it. Challenge a fixed mindset you have around an activity, whether it's baking, singing, learning maths or something else! This is a good way to let go of whatever's holding us back, give up 'caring' about it, oh... and role model all of this to our kids!

