

# BIG LIFE BOOST

PREP - GRADE 2

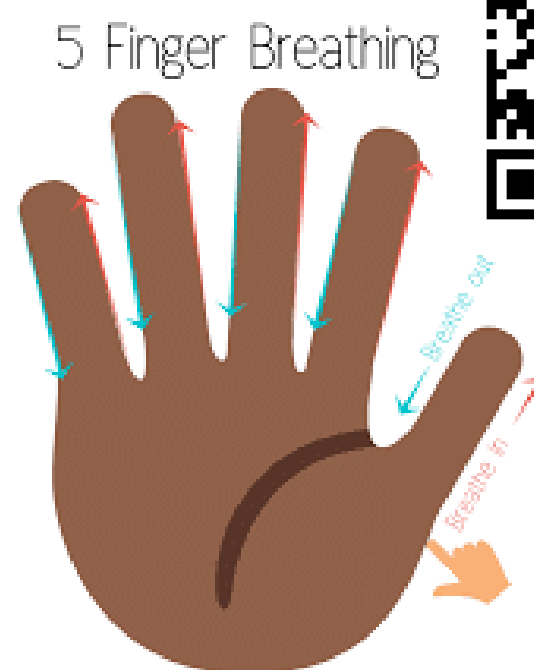
Scan this QR code to watch a  
youtube 5 finger breathing  
activity suitable for the whole  
family:



## M

### Mindfulness

**5 finger breathing.** Starting at the bottom of your thumb, trace around each of your fingers on your hand. When you go **up** a finger **breath in** & when you go **down**, breath out. Take your time doing this.



## T

Say thank you to one person in your family today and tell them why they are special to you.

## W



Lots of people have birthdays and celebrations coming up that they may not be able to enjoy in the same way that they have in the past.

#### CONNECTION CHALLENGE:

Think of someone who has a birthday coming up.  
Make them a card or draw them a picture.  
Tell them what you like about them.  
Send it or keep it until next time you see them.

## T

Draw the emotions on the faces:

Looking at  
faces, can help  
us to  
understand  
how someone  
might be  
feeling..



happy



sad



angry



surprised

## F



#### POSTIVE EMOTION:

Draw a picture of a time that  
made you feel happy.



BIG LIFE BOOST PREP-2

# BIG LIFE BOOST

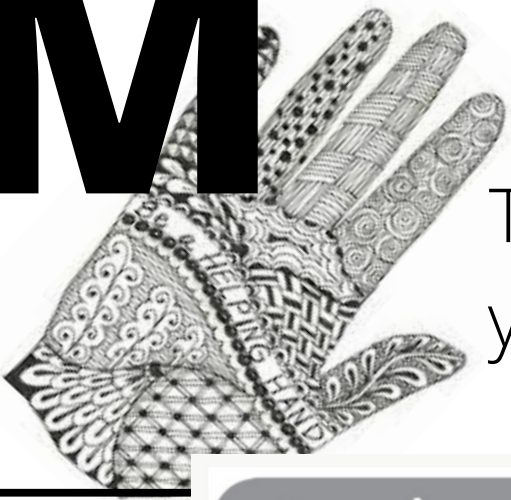


GRADE 3-6

Scan the QR code to watch a youtube clip for kids on zentangles



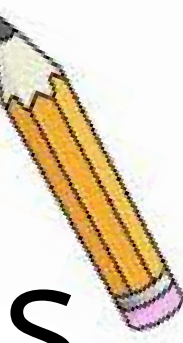
M



Mindfulness helps us to think about right now and not worry about the past or about the future.

**ZENTANGLES are a great way to be mindful!**

Trace your hand and then fill it in with different patterns. Just let your pen do whatever it feels like, there is no wrong answer! You can use a pencil/coloured textas/ pencils, whatever you have.



T

HELLO! If you are self-isolating, I can help.

My name is .....

I live locally at .....

My phone number is .....

If you are self-isolating due to COVID-19 I can help with:

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. #ViralKindness

## Empathy & Kindness

It is important to show love and care for other people in our community.

Not only is it good for others, it makes us feel great too!

Print and fill in this postcard, or make your own.

Drop it in the letterbox of someone who lives nearby.

[http://neighbourday.org/wp-content/uploads/2020/03/ViralKindness\\_notes-to-help-002.pdf](http://neighbourday.org/wp-content/uploads/2020/03/ViralKindness_notes-to-help-002.pdf)

W



Lots of people have birthdays and celebrations coming up that they may not be able to enjoy in the same way that they have in the past.

### CONNECTION CHALLENGE:

Think of someone who has a birthday coming up.

Make them a card, letter or write an email to wish them well.

Tell them what you like about them. Send it!

### Gratitude

T

Name 3 things that you are grateful for & share them with your family or friend

1.



2.



3.



F



### POSTIVE EMOTION:

1) Find a quiet place, close your eyes and think of a time when you felt happy.

2) Think about who you were with, what you were doing, what could you see, hear, smell, taste, touch.

3) Draw a picture of that time that made you feel happy and share it with a family member or friend.

BIG LIFE BOOST GRADE 3-6