

BIG LIFE BOOST

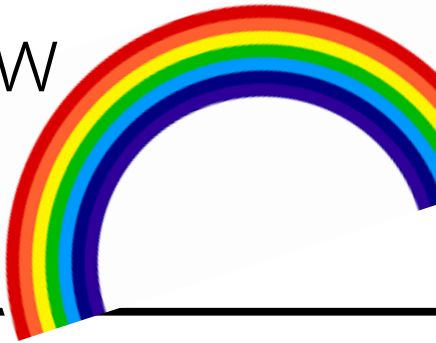
PREP - GRADE 2



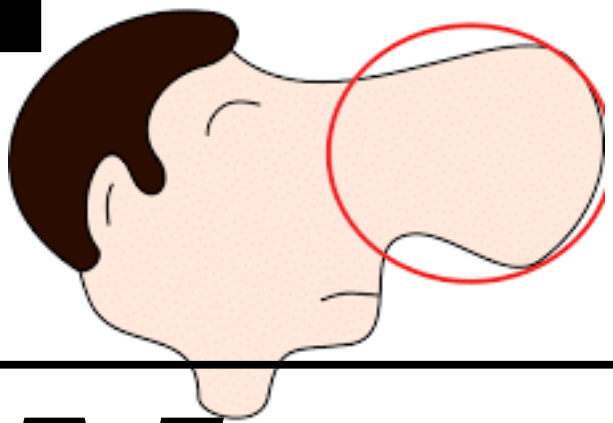
Scan the QR code to watch a rainbow breath clip

Rainbow Breath

After each learning activity try stopping & taking some big slow deep breaths...in and out. Then at the same time make a rainbow shape with your arms.



T Draw a picture of 3 things that you think smell nice



DESCRIBE THE OBJECT

W To set up this game - Ask a parent/friend/ someone in your house to collect 3 different objects and hide them under a towel/ blanket without showing you.

- 1). Now its your turn... put your hand under the blanket and feel for an object.
- 2) Once you have found one, without peeking, describe what it feels like to your parent/friend. Try using some describing or 'wow' words.
- 3) Then guess what the object is.



T What goes "Ha ha haTHUD!"?
A monster laughing his head off.



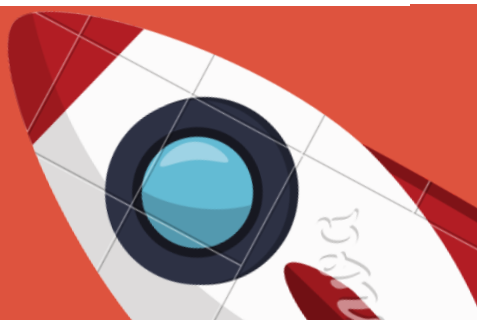
F I love you because...

Draw a love heart on a piece of paper. Write or draw something you love about someone in your house inside the love heart.

When you have finished, give it to that person.



BIG LIFE BOOST PREP-2





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SHARK FIN mindfulness

1. Sit or stand comfortably. Keep your body straight. Be still and silent. Slowly breathe and shut your eyes.
2. Place the side of your hand on your forehead, with your palm facing out to the side.
3. Slide your hand down your face, in front of your nose.
4. Say “Shhh” as you slide your hand down your face.
5. Complete this once, or repeat 2 to 3 times.



T

Gratitude Practice-

Think of 3 things that you think smell nice.

Close your eyes, imagine you are smelling these smells.

Now let that feeling fill your whole body and take 3 slow deep breaths.

W

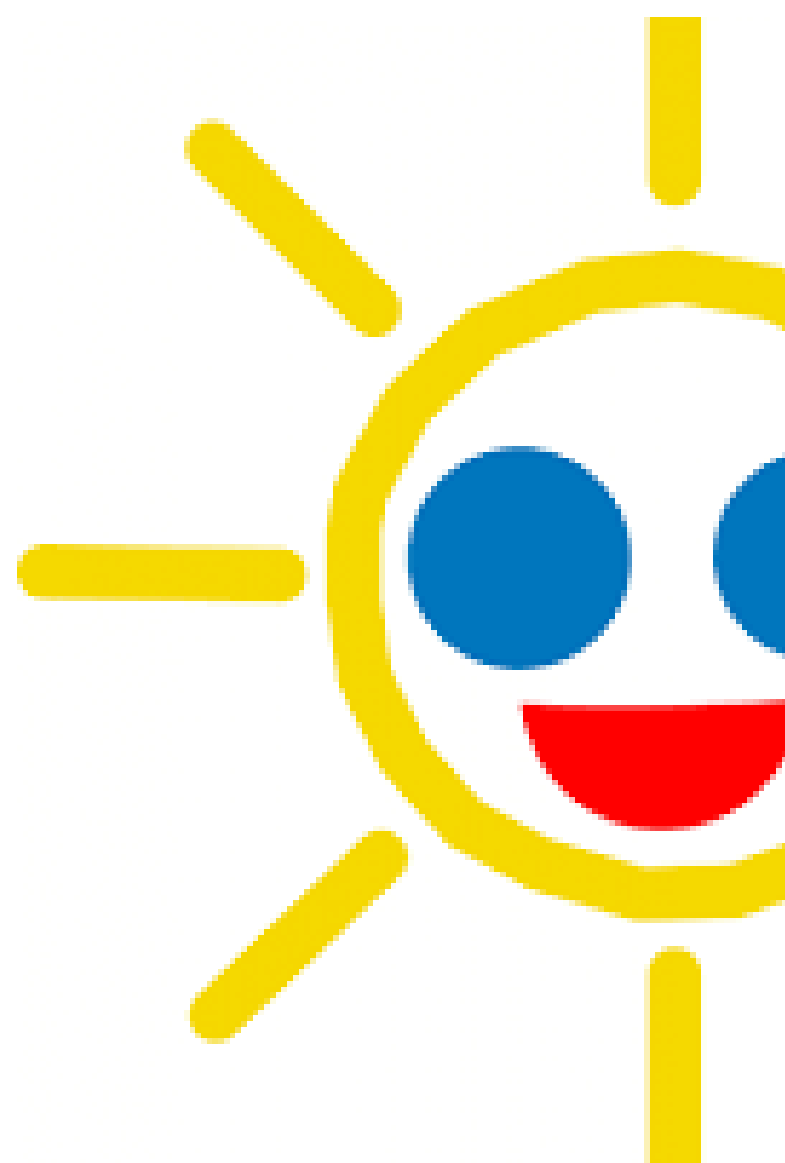
Blindfold Drawing

You will need: a paper & pencil/pen & 2 people.
1 person will be the 'artist' & the other the 'listener'


- T

- 1) One person will begin the game and be the 'artist'. The artist will draw a simple drawing using shapes. They will then, without showing the drawing, instruct the 'listener' how to create this drawing onto their own piece of paper. For example - 'draw half a circle in the middle of the page, at the half way point draw a line out to the right'.
 - 2). Once they have finished, the artist and the listener should compare drawings. The aim of the game is get as close to the original drawing as possible. Was the drawing similar? Have a think about what instructions you might say a bit differently next time.
 - 3) Swap roles so that the listener is now the artist. Was it easier this time? Why or why not?

This is a great exercise to practice listening and communicating.




F



Put a giggle in your day

How many tickles does it take to make an octopus laugh? 10 tickles.



BIG LIFE BOOST GRADE 3-6