

BIG LIFE BOOST

PREP - GRADE 2



M Mindfulness with Ozzy

Follow along with this short video to add some mindfulness into your day by either scanning the QR code **OR** searching 'Mindfulness with Mindful Ozzy'.



T Can you pat your head & rub your tummy at the same time?



W Draw a picture of something you have in common with a friend or family member.



Circle how you are feeling today...

T

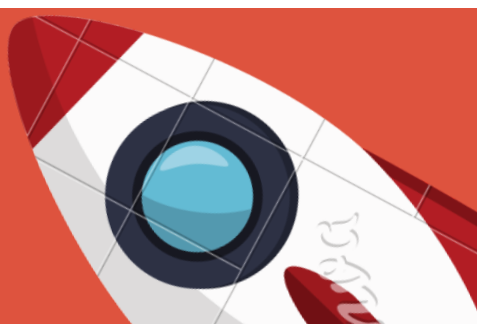


Share why you are feeling like that with a family member.

F Name a good thing that happened today:



BIG LIFE BOOST PREP-2



BIG LIFE BOOST

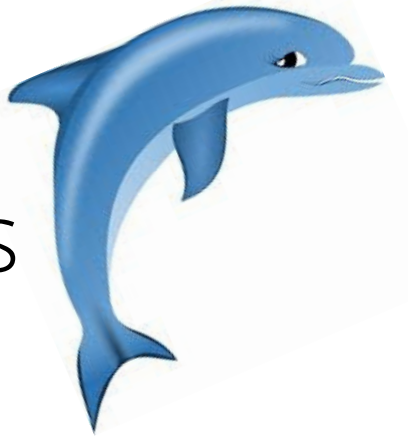
GRADE 3-6



M



Dolphin Thoughts



scan the QR code **OR** use this URL to access the meditation, created by Big Life

<https://drive.google.com/file/d/1qn1DRNjl3K7THwvyYljzKgygZRdJlm4/view?usp=sharing>

Think of a friend or family member -

Name 5 things you have in common with this person

Name 5 things that are different about you and this person

W



CELEBRATE YOUR FAMILY STRENGTHS



Draw a picture of your family and write a word or sentence above each person, identifying what is special about them.

Then, try dialling up your bravery & share this with your family.

Create a gratitude jar...

Decorate an old jar or container.

Everyday, write one good thing that has happened on a scrap piece of paper and put it in the jar.

At the end of the week or month, open the jar and look back at all the good things that have happened. You might like to get the whole family to join in.



BIG LIFE BOOST GRADE 3-6