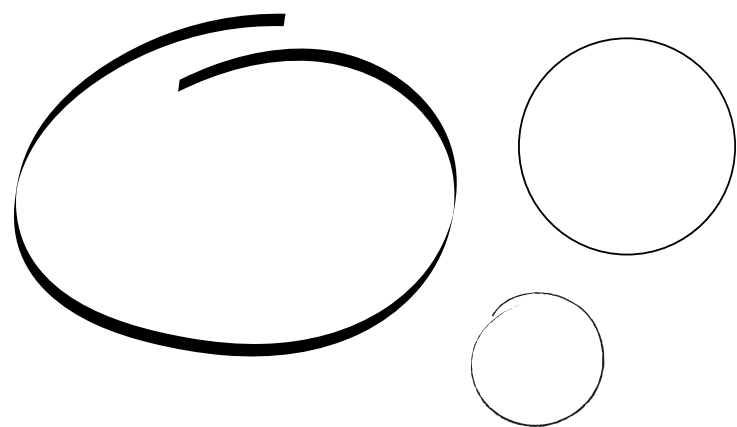


# BIG LIFE BOOST

PREP - GRADE 2



# M



## Mindful Drawing

Find a blank piece of paper and slowly start drawing circles. Draw big circles, small circles, all different shapes and sizes. They don't have to be perfect. Keep going until there is no space left on your page. Then you can colour them in!

**Roll a dice and complete the action for the number you land on:**

# T

1 = give someone a compliment

2 = tell someone a joke

3 = tidy up your room or work area

4 = write a kind note

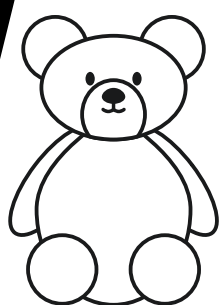
5 = say 'please' and 'thank you' as many times as you can today

6 = ask someone if there is anything you can do to help them today.



## Kindness Dice

# W



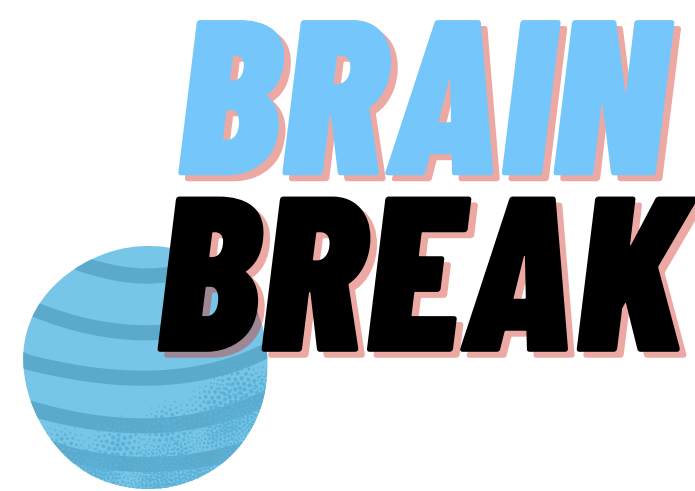
We might not always get along with everyone in our household. Here are 2 things we can do if we are upset or angry and need to calm down. Can you think of one more?

take 5 deep breaths

hug a teddy

# T

Stand up and grab a small ball that you can hold in one hand (or a scrunched up piece of paper). Throw it up in the air and try to catch it again. See if you can catch 10 in a row! Now try swapping from one hand to the other, or throwing a bit higher!



# F



Think of a happy memory you have had with your family. Perhaps it was an adventure or a celebration you had together. Draw a picture of it and share it with them.



BIG LIFE BOOST PREP-2