



Active Anita Tracker Challenge Week 1 Mindfulness

Mindful 5 a day!

We are regularly told the importance of eating 5 portions of fruit and vegetables a day to make sure we get the right amount of vitamins, minerals and fibre into our body to keep it healthy. But what about our minds? Having a healthy happy mind is hugely important and we can certainly start to take care of it better in exactly the same way as we do our bodies!

What we would like you and your families to start doing with this activity is thinking about looking after your minds the same way as you do your bodies.

We can do this with the introduction of a mental 5 a day activity. All you will need for this activity is a pen and some paper! Every morning when you wake up we want you to simply write down 5 things you do that make you happy!

This could be;

1. Reading a favourite book
2. Listening to a favourite song
3. Speaking on the phone to a relative or friend
4. Drawing a nice picture
5. Playing football in the garden

The next step to this activity is really simple, take time EACH DAY to complete your list. This is YOU time to do things that YOU enjoy and make you SMILE.

Extension and adaptation

Extension and adaptation: This activity is suitable for all ages and abilities, to extend this activity can you: Look after your body AND your MIND try and eat 5 portions of fruit and vegetables a day AND complete your mental 5 A DAY LIST! Why not make a list of 5 things that make you AND your mum, dad, brother or sister happy and try and complete the list together?

Good luck and let us know how you're getting on and what you and your families have been doing to make you smile!