

## Forest Lodge Academy

### Weekly Wellbeing Challenge Week 5

We hope you enjoyed last week's challenge about healthy sleep, routines and emotional wellbeing. This week we are focusing on creativity. Being creative has shown to improve mental health and wellbeing. These activities are best shared with a grown up this week. We have set six tasks below for you to have a go at. You don't need to do them all just try as many as you like.

#### Mindfulness

There are lots of different mindful activities you can try. The idea behind mindfulness is that it gives our brain a break. Going for a walk with your grown up and taking notice of all the different things around you, watching the clouds move from your garden, doing a jigsaw puzzle or mindful colouring are all good activities to have a go at.



#### Super Salt Dough

This is a very popular activity at the moment. You can make anything out of salt dough! Remember to ask your grown up to help you with this activity and never use the oven by yourself.

##### Easy Salt Dough Recipe

[www.acraftyliving.com](http://www.acraftyliving.com)

**Ingredients**  
1 1/2 cup Plain Flour  
1 cup Salt  
3/4 cup Water

**Steps**

1. Combine dry ingredients & mix.
2. Slowly add the water, mixing well to combine.
3. Flour your hands & the board before kneading the dough into a ball.
4. Roll out dough to desired thickness & cut out shapes with cookie cutters.
5. Place on baking paper & bake on low (50-100°C) for 2-3 hours or air dry for 2 days.



#### Looking Forward

With your grown up write down on paper what you are looking forward to doing. This can be as small or huge as you want. You can draw a picture alongside. Talk about how you will feel when it happens.



#### Tube-tastic!

With the toilet roll or kitchen roll tubes you can make lots of fun art projects.



#### Painting Pebbles

On your walk with a grown up or from your garden choose some pebbles or stones (make sure you ask your grown up first). Paint them any design or pattern you like. If you want to 'set' the design add a layer of PVA glue.



#### Doodle Day

An easy creative activity-get a pencil and piece of paper move the pencil around making different patterns without taking the pencil off the paper. Colour in each part of the pattern and you've made doodle art!

