

Mindfulness & Wellbeing Challenge



Relax, unwind and enjoy your journey to a calmer and happier you!

Did you know that 1 in 8 children (aged 5-19) have a diagnosable mental health disorder? In a world of stress, pressure and anxiety, it's more important than ever that we show our young people how to be comfortable, healthy and happy. Mindfulness and Wellbeing are an ongoing process but Wisdom the Brain is here to help you on your way! Proceeds from this badge go towards helping Scouts and Guides from across the UK take part in lots of adventures via The Pawprint Trust. Thank you for your support!

Suggested challenges for different age groups:

3-5 Years : Complete a minimum of 3 challenges from different sections.

5-7 Years : Complete 1 challenge from each of the 4 sections.

7-11 Years : Complete 1 challenge from each of the 4 sections + 1 more of your choice.

11-14 Years : Complete 1 challenge from each of the 4 sections + 2 more of your choice.

14-18 Years : Complete 1 challenge from each of the 4 sections + 3 more of your choice.

18+ Years : Award yourself a badge for assisting young people in achieving their challenges.

For even more programme ideas check out our 'Mindfulness & Wellbeing' board over on
www.Pinterest.com/PawprintBadges

Once completed head to the website to get your paws on your badges!
www.PawprintBadges.co.uk

Craft

- Make a journal using a method of your choice to track your feelings and emotions. Can you identify any themes?
- Create a worry jar or a happy jar.

What?

Decorate an old, clean jar.

Worry Jar - write down your worry and place it in the jar overnight. While your worry is in the jar you cannot think about it. After sleeping, see if you are still feeling worried about that thing and if you are then today is the day to deal with it.

Happy Jar - write down things that make you happy or little positivity messages on slips of paper. Fold them up and place them in your jar. When you're feeling a little down, take one out and read it to brighten your mood.

- Decorate a mindful stone, it should be smooth to the touch. Each day hold your stone: what do you hear, feel, smell, see, taste? Breathe in, breathe out, take note of your senses and be in the moment.
- Print an affirmations tree to help you grow.

What/How?

Create a picture of a tree with big leaves (for you to write in) and a strong trunk. In each circle write a different affirmation (a positive thought) ie. I am an amazing and helpful person, I get better every day, I am enough. Each day read your affirmations aloud and see the improvement in your self belief.

- Make a meditation chain. Thread a series of beads on to a string and tie in a loop. Each day hold the beads in your hand. Holding the first bead say a positive affirmation, ie. Today is going to be a great day. Once done, move to the next bead and repeat until you have held each bead in your hands.
- Express your gratitude and make a card to thank someone for something they have done to help you.
- Express your creativity and take part in a large scale art project.
- Make a breathing wand (see our Pinterest board for some ideas).
- Complete some mindful colouring.



Food

- Find out about foods that boost your moods and make some juices or smoothies with them.
- Create your own healthy snacks or cereal bars.
- Find out about the hidden sugar in different foods and the impact this can have on your health.

Here's an idea!

Why not invite your local dentist to come and speak to you about the effects of sugar on your teeth? Did you know that using a straw to drink sugary drinks is better for your teeth?

- Baking for others is proven to have a positive impact on your mental health. Bake something and give it to someone else.
- Make a food diary to record what you're eating, when you're eating, who with and what time from and to. Eating with others and taking your time can have a positive impact on your health.
- Have a go at the salty potato experiment.

How?

Cut a potato in half and place each one cut side down in a glass or bowl. Fill one with salty water and the other just plain water. Leave for 30 minutes. You should see the potato in the salt water shrivel and go wrinkly. Salty foods have the same effect on our bodies making us feel thirsty and drained. The same happens when we surround ourselves with negativity/negative people.

- Try some mindful baking. Experience the ingredients with touch and smell, take care and time and practice some controlled breathing as you stir the mixture.
- Socialise with others and enjoy a meal together. Hold an afternoon tea or a dinner party.
- Find out what foods are good and bad for us and what proportions we should eat them in. Why not decorate a plate to show the correct portion sizes.
- Make a cake or decorate biscuits to represent your hobbies/interests.



Games

- 🌱 Play a game that's new to everyone in your group so that you all feel equal and on a level playing field.
- 🌱 Develop your listening skills with a game like Hi Harry! (see the Campfire Challenge pack), Queen's Keys or Chinese Whispers. Listening is a vital communication skill, find out how to listen effectively.
- 🌱 Get active and inventive by moving around the space in different ways, like Simon Says. Hop, skip, jump, frog jump, roll, etc.
- 🌱 Mindfulness is practicing being present and aware of the moment and your surroundings...but how aware are you?

For Leaders...

Create a setting and welcome your young people. Take part in a discussion on awareness and what that means. Send your young people off outside to complete a different activity and during this time make some key changes to the setting, ie. change the colour of your t-shirt, add a sign to the wall, add remove decorations. Invite your young people back in and quiz them to see if they can notice all the changes. No outside space? A simple game of spot the difference would work just as well!

- 🌱 Play the sweet game and think about your feelings. What makes your sad, happy, angry? Each person should take it in turns to remove a sweet from the bag. With each colour sweet representing a different emotion, talk about what makes you feel that way depending on the colour sweet you get.
- 🌱 Take part in some speed friendship (great for getting to know new people or others in a group). Like speed dating; in pairs take it in turns to spend 1 minute talking about yourself, when the bell rings swap over and after 2 minutes change partners.
- 🌱 Have a game of sleeping lions and listen to some calm and relaxing music at the same time.
- 🌱 Use your imagination and as a group create a story, each taking it in turns to add one line/word/sentence.
- 🌱 In pairs take it in turns to draw a picture on each other's back using your finger. When you guess correctly, swap over.



Other

- Visit the dentist or doctor for a check-up.
- Learn to play a new instrument.
- Together with friends learn a new language.
- Survey your group to identify people with similar hobbies or interests. We find it easier to connect with people who have things in common to ourselves.
- Learn a new skill or try something new to you - you may discover a hidden talent you never knew about!
- Get outdoors and start a garden or grow a plant. Plants need the same love and care that we do to grow. Think about how you can nurture yourself.
- Try yoga or animal yoga for little ones.
- Practice deep, controlled breathing or meditation.
- Collect newspaper cuttings on current affairs and discuss, then think about what we have to be thankful for...it's too easy to focus on the negatives and sometimes we need a reality check.
- Have a go at cloud watching. Lie on the grass and watch the clouds go by, what can you see?
- Find out about body confidence and the influence of the media on our perceptions of beauty. Watch 'The Dove Evolution Film' to see how images can be manipulated.
- Everyone's perceptions of the same thing are different. Stand and focus on your senses; what do you smell, see, feel, hear and taste? How does it differ from a friend?
- Write a story about anything you like. You could even enter it in to a competition for young authors!
- Tag us in your adventures while working on your Mindfulness & Wellbeing challenge badge. Share your photos with us @PawprintBadges using the hashtag #AdventureForAll.

