

Wellbeing Walk - younger children



Take a walk in your garden or close to your home. Take deep breaths as you walk. Breathing in deeply through your nose and breathe out through your nose and or mouth. If you close your eyes do you notice even more things? Please make sure that you abide by government guidelines and do not meet up with others from outside your household and stay at least 2 metres apart from others you may meet.

Questions to help you:

- ✓ Is there a breeze?
- ✓ Can you feel the sun on your face?
- ✓ Is it raining – can you feel it on your hands, fingertips?
- ✓ What can you hear, smell and see?
- ✓ Are there signs of spring?
- ✓ How's the sky looking? Are there many clouds? If yes, what do they look like? Can you see any shapes in them?

Why not keep a diary of all the things you notice or make a drawing. We would simply LOVE to see these. Tag us on twitter @resilientrutland or Facebook ResilientRutland.

Resilient Moves: #6 Exercise and Fresh Air #33 Calming down and self- soothing

The Resilience Framework for Children and Young People (October 2012 adapted from Hart and Blincow with Thomas 2007) contains 42 different resilient moves. This is an everyday action that research and evidence has shown us can build resilience. By sharing resilient moves we will share a common language and ideas to build resilience. This is important now even more than ever.

<https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>



Thank you @boingboing, @youngminds, Headstart Resilience Revolution @HSBlackpool for sharing resources & inspiration for Resilient Moves. Dr Pooky Knightsmith for her resources, courses & getting me thinking @PookyH. **Lyn Harte 2020**