

January 2022: Basics



1 Today is a day for FRESH air! Go outside and invent a new game. Snuggle up on your return and read, laugh, sing. You've got this!	2 Let's be helpful today: Tidy your room and help around the house.	3 FRUITY: Taste some different fruits. Have fun and do this blindfolded. Which is which? Do you have a favourite?	4 Write down your 3 favourite ways to exercise. Try one today.	5 Here for me: Draw around your hand. List 5 people who love you and care for you.	6 Rub cream into your hands massaging each finger and your wrists. Exhale.	7 Try a new sport or activity. You could access a new online workout or try an Art, Music or Drama task?
8 Make a healthy meal for the whole family.	9 What would your perfect bedtime routine be? Try it.	10 Have you ever tried yoga or a stretching routine? Find 15 minutes to do this today.	11 Treat yourself to a warm bubble bath with relaxing music	12 Close your eyes while you eat some nutritious food and savour each mouthful	13 Have an evening without your devices. Find a different way to relax tonight.	14 Where is your safe place? Can you make your own safe space in your bedroom or outside? If you prefer, draw this instead.
15 Lay with your eyes closed. Place your hands on your tummy and feel them move as you breathe	16 Find somewhere new to walk as a family or with friends. Explore your surroundings	17 Share a much-loved story with a family member.	18 Have you ever tried Art outside? Wrap up warm - What can you see? What colours are there? Be inspired.	19 Remind yourself you are safe and cared for. Give yourself a hug and smile.	20 Can you enjoy a slow wake up today? If you can't, find 30 minutes for quiet time later today.	21 Fancy a winter picnic? Go on a walk, take a warm flask of tea or juice, enjoy it in the garden or your favourite spot outside.
22 Take ten minutes just to sit still and breathe.	23 Enjoy an "I spy walk". Make a list of 5 things to see on your walk. Set off and see what you can spy!!	24 Drink a glass of water before each meal.	25 Make up an exercise routine and teach it to a family member. Can you add something to make them laugh?	26 Try a food you have never had before.	27 Sit in the garden and drink the fresh air - what can you see/hear? Is it clear enough for star gazing tonight?	28 Have your favourite meal for dinner
29 Treat yourself to an early night. How many hours sleep do you have a night?	30 Decide what healthy habits you would like to do more often.	31				

RESILIENT MOVES CALENDAR:

This month we share the following BASIC moves –
Being Safe
Healthy Diet
Exercise and
Fresh Air
Enough Sleep
Play & Leisure

Find out more about the resilience framework at www.boingboing.org.uk #RESILIENTMOVES

WE WOULD LOVE TO HEAR ABOUT YOUR COPING MOVES. SHARE THESE WITH US ON TWITTER @RESRUTLAND @RUTELASUPPORT

