

# STAYING GROUNDED AND FEELING GOOD

Week 2

Ten further ideas for looking after yourself and your whānau during your COVID-19 rāhui. These activities incorporate the principles of positive psychology, and are easy to do at home.



## DANCE:

So easy! Raise the feel goods in your body by having a wee boogie for a song or two.



## MAKE TIME FOR FRIENDS:

Connecting with others is a winning way to wellbeing. Make time for your mates and rellies, allow online playdates and ensure you catch up with mates too once the kids are in bed.



## GARDEN:

The combo of being outside, being a lil' bit active and being in the moment are great wellbeing boosts, but there's also evidence that learning how to care for and nurture plants can reduce stress, and help shift our mindset and give us perspective.



## LEAVE A CHALK NOTE FOR SOMEONE:

This combines being outside and acting with kindness, or 'giving' – both wonderful ways to wellbeing. Make sure your note is sincere and add a compliment to make the recipient's day.



## DO SOMETHING FOR SOMEONE ELSE:

Have a long-distance chat with a neighbour (shouting is totally allowed!), give sealed food or flowers away from outside your property if you've got lots, or read a story to someone over Facetime. Anything that helps others... do it just coz!



## HAVE SOME ALONE TIME:

Make sure you all get to spend time on your own – in separate rooms or places just quietly doing something for yourself. Schedule it in if needed or tag in and out with your partner. Take some time to just relax for a short while.



## TRY MEDITATION OR YOGA:

Another winning combo! Being active builds strength and flexibility, and focusing on our breathing can help us become more mindful, focused and relaxed. If you're new to it, be gentle on yourself. Try some kids yoga together!



## STAR GAZE:

This is a great way to take some notice and find a moment of 'wonder'. Feeling 'awe' is a powerful positive emotion that can prompt lots of good questions and learning. A great way to help us have meaning and feel good.



## GRATITUDE FOR THE TINY THINGS:

The science of gratitude is very compelling. Recalling people we're grateful for helps us feel thankful, and recognise all the cool things others contribute to our lives. Nice huh? This can be a great meal-time game or even card making exercise.



## GO FOR A WALK OR BIKE RIDE:

Some time outside and physical activity can give us a boost for sure. For now, keep your distance from others and stick close to your hood! You can turn each outing into a new adventure by setting a mission: how many teddy bears can you spot? How many cyclists will you see?



For more fun, family ideas visit Sparklers At Home: [www.sparklers.org.nz/parenting](http://www.sparklers.org.nz/parenting)

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