

‘To be Great, you have to feel G.R.E.A.T’
Embrace these G.R.E.A.T. values to combat EXAM TENSION
YEAR 10 &11 Activities #familyMH5aday

Week	G = GIVE	R = RELATE	E =ENERGISE	A = AWARE	T = TRY SOMETHING NEW
1	Volunteer some time to help a family member. EG. Garden, sort out the shed / attic /babysit etc Take a photo (1 Prom Pt)	Have lunch with different friend. Take a selfie of the two of you if feeling comfortable (1 Prom Pt)	Create a gadget basket and place your gadgets in there after an agreed time in the house. No electronic device an Hour before bed. Take a photo of the gadget basket. (2 Prom Pt)	Research what Mindfulness is. Download or listen to 3 mindfulness breathing exercises such as the ones in 'My TeenMind'. Try one of them each day (1 Prom Pt)	Make sure you have some time to yourself to reflect on the day. This can be at the start or the end. Timetable your quiet time. Where and when have you chosen? What difference does this make? (1 Prom Pt)
2	Make a Christmas card/ present for someone in your family. Take a photo (1 Prom Pt)	Write in a Thank You card to a teacher / parent/friend who helps you a lot. Give it to them (1 Prom Pt)	Go for a 30-minute walk and try not to look at your phone but be aware of the Winter season and the 5 senses. Take photos if u want (1 Prom Pt)	Download 3 <u>relaxing</u> songs to study with. Think about how it relaxes you. What were the songs? (1 Prom Pt)	Would you like to travel abroad to a foreign country? Learn to greet and say thank you in the language of that country (1 Prom Pt)
3	Go for a walk with a family member / friend who needs to talk. Try and do most of the listening. Don't try and necessarily give advice just listen with empathy. How did that feel? (1 Prom Pt)	With a friend Doodle or Draw your feelings. Compare. Do it Again in a weeks Time and see if The picture is different (2 Prom Pt)	Come up with 3 brain booster snack recipes which help keep your brain energized. Share these ideas with your family friends/teachers (2 Prom Pt)	De-Clutter your room & organize your space. Take a photo before and after. (1 Prom Pt)	Eat a fruit or vegetable you have NEVER eaten before (1 Prom Pt)
4	Help Parents/Carers Cook a Healthy family meal. Take a photo of your contribution (1 Prom Pt)	Watch a favorite T.V. program/film with a family member or friend and cook homemade pop-corn. What was the film/t.v. program? (1 Prom Pt)	Go and relax/lie down/sit and read something non digital and non school subject related for 20 minutes. (weekend newspaper/magazine /book/comic) (1 Prom Pt)	Start or Keep a Diary of how you feel and your life & thoughts. (2 Prom Pt)	Play an old board game with family/ friends or learn to play like Scrabble, Monopoly, Pictionary, Cluedo, Chess. Take a photo (1 Prom Pt)
5	Hug a friend/buddy/family member and tell them something special in person or start a snapchat streak with them (1 Prom Pt)	Watch 1 YouTube videos from www.timetochange. about Mental Health How would you rate your mental health? Talk to someone if you need to. (2 PP)	Drink 8 glasses of water for a day. What do you notice is different? Always carry a full water bottle (1 Prom Pt)	Magic Moments – Get yourself a jar/box/envelope to write or store lovely experiences. Time with family and friends, celebration days, photos, or personal experiences. When you are feeling anxious, open your 'Magic Moments' and check how great you are. Simple, magic! (1 Prom pt)	Together with a friend try and disconnect from social networking sites for one whole day and see what else you can do with your time to relax and unwind. What do you notice about the experience? Sketch all the things you did instead (2 Prom PT)

Parents please write a signature in each box after your teenager has successfully achieved each activity. Please also sign the pledge of authenticity at the bottom. I (Parents Signature)confirm that the activities above were completed by (insert Students Name).....