FEEL GOOD FRIDAY CHALLENGES		Brain Booster: Let's look after your mental health...	Curious Challenge: Let's be curious and explore outdoors...
Week 1		**Mindful Meditation** Have you ever stopped to notice all the wonderful things around you? Taking time to notice the world all the beautiful things in nature can help you to relax and feel good. Find a quiet space and sit comfortably, notice your breathing, taking deep, slow breaths. What colours can you see around you, what shapes, what can you smell, and hear?	**Spring has Sprung!** Spring is on its way! Have you noticed the nights are getting lighter and the flowers are starting to bloom? Explore outdoors and see what signs of spring you can find. Can you spot any daffodils, blossom or hear the birds singing?
Week 2		**Beautiful Breathing** Try box breathing... breathe in for 4 seconds, hold for 4, and breathe out for 4 and repeat for 4! This technique can help you feel calm and relaxed. Practise this technique in a quiet safe space.	**Fabulous Flowers** We challenge you to find a beautiful flower, and draw the flower in all its glorious detail. Don't forget to include bold colours, textures shades. Take a look in your local green space, park or garden. **What is the most fabulous flower you can find?**
Week 3		**Curious Clouds** Have you ever looked closely at the clouds? Sit back in an outdoor space and notice the passing of the clouds, are they moving? What shape are they? Do you see the clouds taking of any familiar shapes, like animals or faces?	**Musical Madness!** Collect as many materials from outside that can make music. You could tap on wood, scrunch up leaves or bash rocks together. Can you make a rhythm using your natural instrument?
Week 4		**Day Dreaming** Use your imagination to transport yourself to a different place; it might be a tranquil forest, peaceful beach or magical kingdom. What can you see, who is there? What animals, plants and smells surround you? You can try playing your favourite music to your adventure.	**Robot Roaming** Become a robot, what does your robot do? What is their special skill? Walk around the room as your robot character, how does your robot see the world? How do they communicate?
Week 5		**Creative Collage** Think about what your favourite story is, it could be a story from when you were younger, a place you visited or holiday you went on. Create a collage of things that remind you of that event to create a story board. It could be colours, images, fabrics and words.	**Easter Eggs** Can you make a patterned Easter Egg using anything you can find outside? You could make the outline out of sticks and fill it with different coloured leaves. Can you make a giant Easter Egg? Or a tiny Easter Egg?