FEEL GOOD FRIDAY CHALLENGES		Brain Booster: Let's look after your mental health...	Curious Challenge: Let's be curious and explore outdoors...
Week 1		**Get lost in creating** Start with a plain, white piece of paper. Pick a medium that you might not have used very much and explore the different marks and textures that you can create! How many different kinds of marks can you make using the same thing? Can you change how bright or dark the colour is? How many different patterns can you make?	**Mud Alphabet** Time to get messy and make a mud mixture in the garden. You may need to add some water so you can squish it around. Can you make the first letter of your name in the mud? What about your whole name? Or initials? You could add some leaves or flowers to decorate your name.
		If you had unending amounts of money but were only allowed to buy one thing, what would you buy?	
Week 2		**Let's sit comfortably** Sit down in a comfortable chair, one where your feet reach the floor. Close your eyes and focus on your breath. Breathe in slowly for the count of three, then out slowly. Bring your mind's focus to your body. How does your body feel sitting in that chair? Next push your feet into the ground, imagine the energy draining down from your mind, down through your body and out through your feet into the ground.	**Water Games** How many different games can you come up with that are linked to water play? You could find equipment around the house, such as sponges, buckets, sieves or cups. One idea is to see how long it takes to run a course with a cup of water without spilling any. You could throw sponges full of water into a bucket to collect points. Can you think of something more imaginative?
		If you had an extra hour in every day, how would you use it?	
Week 3		**Infinity Breathing** In the air, draw an infinity sign with your finger (an 8 laying down on its side) Breathe in as you move your finger up Breathe out as you move your finger down Do this as slowly as possible	**Nature Bingo** Create a Bingo Card full of things you may see when you out on a walk. You could draw pictures to show each of the things or make it harder by adding more objects. See how long it takes you to find all of the objects or swap your board with a friend and try to find everything on their list.
		What punctuation mark most closely describes your personality?	
Week 4		**5, 4, 3, 2, 1** This is a technique that uses all of your senses! Close your eyes and take a deep breath then when you open them look for... 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 things you can taste.	**Leaf Threading** Become a jewellery maker this week by using a stick and some string to make a natural necklace full of leaves. Poke the stick through the middle of the leaf before threading it onto the string. How long can you make your jewellery? You could try to add some more colours by finding different coloured leaves or petals.
		If you knew you could not fail, what would you do?	

Week 5		**Go for a walk** Feeling a little stressed? Go for a walk outside, it will help your body to reset and give your brain a little break! When outside listen to all of the noises around you from the birds chirping to cars revving. Which sounds do you like best? Are there any noises you didn't notice at first that you can hear now?	**Colour Matching** Pick a selection of your favourite colours and draw or paint them onto a piece of paper. Take your colours out with you and see how many different natural objects you can find that matches that colour.
If you could rid the world of one thing, what would it be?			
Week 6		**Positive affirmations** Think of a positive affirmation (these are short, positive statements). They could be something like… Today is going to be a great day, I am kind or I am strong. Make this part of your daily routine and notice your own positives!	**Jungle Potion** Find a jar or bottle and fill it with water. Collect as many different natural objects as you can from the garden or park that would make your potion interesting and bright. What does your potion do? Does it have magical powers?
If you were in a band, what would the name be?			