



[WWW.TPET.CO.UK/WELLBEING-WEDNESDAY](http://www.tpet.co.uk/wellbeing-wednesday)

Wellbeing Wednesday is back! With a brand new set of characters - the Mental Health Heroes. Let the Mental Health Heroes teach you their amazing superpowers, to help improve wellbeing and give the children new skills. Download a range of resources to use at home or in the classroom.



TRY OUR JOURNAL PAGES - THE PERFECT THINKING ACTIVITY

Resources include collectible character cards, journals, task cards, colouring and more. All themed around our superheroes' unique abilities.



OUR MENTAL HEALTH HEROES ARE PERFECT FOR TACKLING ISSUES SUCH AS STRESS, ANXIETY AND ANGER.

Download our Summer term overview to keep track of each week's activities. A must have for any classroom or home - we add new content throughout the year.



SAVE PAPER AND INK BY NOT PRINTING THIS PAGE.

Week 2 Task Card (Cyber Sense)

Sensory Countdown

Today we are going to learn how to switch on our senses to superhero level, just like Cyber Sense. She is able to be fully mindful of her surroundings at all times by using her 5 senses.

It takes time and practice to learn this skill, so let's do this every day this week. Today we will do this for 3 minutes. Maybe tomorrow we can try 4?

Stand outside. Calm your mind by picking an object you can see and focussing on it really hard. Now notice the sounds you can hear. What can you smell n the air. Focus on your tongue - can you taste anything? What about your hands - what can they feel?

Questions

- Name 5 things you can see.
- Name 4 things you can hear.
- Name 3 things you can feel.
- Name 2 things you can smell.
- Name 1 thing you can taste.





Name 4 things you can hear...

Name 3 things you can feel...



Name 5 things you can see...



A large, empty rectangular box with a black border, intended for writing the answers to the central question.



Name 2 things you can smell...

Name 1 thing you can taste...

