

5 Ways to Wellbeing

Ways to Take Notice - Challenge Page

Challenge: How can you 'Take Notice' this week?

Our minds spend nearly half their time thinking about the past or future! Although this is necessary sometimes, too much can stop us enjoying the present. 'Take Notice' is about paying attention (on purpose) to what is going on around you and how you feel in the present moment. Try to find ways to take notice of things like diet, sleep, your thoughts and feelings and to be aware of the here and now. Some people call this being 'mindful'.

Look out the window

Look at the view from your window and notice how it changes over time.

Get planting

Plant some seeds outside or in a pot on a windowsill and watch them grow.

Notice how you feel

What are you doing when you feel your best? Do more of it.

Colour hunt

Find somewhere to sit calmly. Find one thing around you that is each of these colours: purple, blue, green and yellow.

Sound hunt

Close your eyes and count how many different sounds you hear. Do this for two minutes and then slowly open your eyes.

Cloud searching

What shapes and objects can you find in the clouds in the sky?

Senses check

Sit somewhere comfortable and spend a few minutes noticing: Five things you can see; four things you can touch; three things you can hear; two things you can smell and one thing you can taste.

GLAD

Think about what made you **GLAD** today:
G: Something you were Grateful for
L: Something you Learned
A one small Accomplishment
D: Something that brought you Delight

Music

Give your full attention to music you really enjoy – listen to it without doing anything else. Really take notice of the music and what happens in your body when you listen. Are you smiling? Does your body feel relaxed? Does your body want to move to the music? How do you feel afterwards?