

Wimbledon Chase Character Cornerstone Award

Character




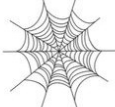
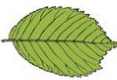















Knowledge of self



- Hold a positive self image
 - Have a zest for life
- Embrace challenge and show resilience
 - Be effective self-advocates
- Know how to be mentally and physically healthy and safe

Choose 10 of the following activities to promote positive wellbeing:

- Sleep. Go to bed (10 minutes earlier than your normal bedtime)
- Make something that you can hold that helps you feel calmer or more relaxed e.g. making squishy or playdough [▶ How to Make No Cook Playdough | No Cook Play Doh](#)
- Use a soft makeup brush or cotton wool to draw circles on your hand
- Notice nature on a walk. Find 10 or more:

 bird	 tree roots	 ant	 spiderweb
 green leaf	 acorn	 flower	 log
 two similar rocks	 mushroom	 squirrel	 tall grass
 stick that looks like a letter 'y'	 flying bug	 brown leaf	 cloud
 dandelion	 animal footprints	 wild berries	 pine cone

- Listen to a story
- Make a musical instrument from recycled materials
- Drawing - take a line for a walk



- Make a pom pom [4 EASY Pom Pom Making Techniques - How to make a Pom Pom - Fork, Car...](#)
- Listen to music
- Make a picture from leaves or flowers
- Read a book or magazine
- Build a Lego model
- Make an origami animal [DIY: Origami Animal Faces | Kids Craft](#)
- Mindful colouring
- Practise breathing exercises



Hot COCOA

1. Pretend you are holding a mug of hot cocoa cradled between both of your hands.
2. Bring the mug near your face.
3. Take a slow breath in.
4. Imagine that you are smelling the yummy, comforting chocolate aroma.
5. Slowly, with gentleness, exhale.
6. Pretend to blow the steaming hot cocoa to cool it down.

WholeHearted School Counseling

