**Feel Good Friday**

 

**Complete one of the following activities *(or as many as you like!)***

* **Try the Ocean Breathing Activity ( attached)**
* **Try the best Version of Myself Visualisation**

<https://soundcloud.com/user-547419318/the-best-version-of-myself-guided-visualisation-for-children-led-by-colm>

* **What makes you happy? Complete the Bucket of happiness activity ( template attached or create your own)**
* **Spread the love- Do three things to bring joy to other people today e.g help your mam, play with your brother or sister, phone your granny**
* **Tea and Talk- Sit down and have a chat with someone at home while enjoying your favourite drink**

 