

Feel Good Friday

Well I hope you are all feeling good and ready to take time to relax and enjoy a long weekend. You have all done so well this week and I hope you will take away a few new tips and daily activities with you to help keep your wellness practice a priority and big part of your self-care plan. Looking after yourself and your wellbeing is so, so important and you deserve to live your best life and in the healthiest way you can. You have put so much into practice this week and learned about the many ways of 'minding your mind'. Today we'll take a look at the importance of minding our bodies too.

it's **FEEL GOOD** friday!



8 Habits of Healthy Kids[®]

Healthy kids:



Having a physically healthy body means eating nutritious and balanced food and keeping our bodies active, clean and safe. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Some parts of this are up to parents – such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge too when it comes to their health.

Today's Wellbeing Action Plan:

- **Feel Good Friday Fitness:** I think the best way to keep fit is to find the most enjoyable activity that is fun for you! That may be kicking a ball, going for a lovely walk with your dog, cycling your bike around our beautiful area, practising some mindful yoga...the list goes on! For me, it's dancing! I enjoy the combination of moving to any sort of feel-good music! No matter how silly the moves may be, I always feel totally happy and energised after 😊 Today I invite you all to pump those positive endorphins throughout your body anyway you enjoy and to feel GOOD! Have fun giving this feel-good anthem a try:

<https://app.gonoodle.com/activities/i-gotta-feeling?s=Search&t=friday>



- **Piper-** This is a lovely little Pixar short that will put a smile on your face this Feel Good Friday ☺ It tells the story of how a baby sandpiper battles with her fear of water to find food. She learns a new approach from observing the hermit crabs in action and finds beauty in the world underwater. You can watch through this link : <https://vimeo.com/341077341>



- **Five Senses Nature Walk:** We are so blessed that in these uncertain times we are enjoying such beautiful weather and in fact, the world of nature is totally thriving as we all cut down on our travels. The birdsong seems much clearer and sweeter, the bees are buzzing with the joy of summer, our gardens are exploding with colour and life. The scent of cut grass is so refreshing and welcoming- more so than the smell of silage! Today enjoy a nature walk around your garden or around your area. Using your senses, record what you saw, heard, could smell, taste and touch. You can record these on the nature record sheet attached.



- Healthy Eating Challenge:** Today take some time to choose and plan a delicious healthy meal you can make with your family. Perhaps a simple fruit salad, or a homemade pizza topped with fresh veggies! Maybe a nice healthy dessert like a mixed berry sundae! Have fun tasting and enjoying your own healthy meal.

<https://supervalu.ie/real-food/cooking/recipe/fun-pizza>

<https://www.tasteofhome.com/recipes/mixed-berry-sundaes-for-2/>



- Kids Activity Pyramid:** Give these a try! It will be worth it 😊

The KID'S ACTIVITY PYRAMID

Be active everyday!

Group Play

Activities where you play and learn skills with others. Join a team, pick a club or go to a class.

- Dodge ball
- Gymnastics
- Ice skating lessons

Free Play

Activities you can do by yourself or with a friend anytime!

- Build a fort
- Four-square
- In-line skating

Limit

Watching TV
Playing computer and video games
Sitting for more than 30 minutes

Have fun by trying different activities.

Family Play

Families who play together, stay healthy together. What will your family do?

- Take a walk
- Turn off the TV one day a week
- Play at the park

Group Play

- Dance lessons
- Kickball
- Karate
- Soccer
- Baseball
- Capture the flag

Free Play

- Skateboarding
- Sledding
- Fly a kite
- Water fights
- Hide-n-seek
- Jump rope
- Tag

Family Play

- Play catch or frisbee
- Bike rides
- Nature hikes
- Swimming
- Scavenger hunts
- Explore different playgrounds

Choose to Move

- Help with chores
- Take the stairs
- Play with your pet
- Be active at recess

Choose to Move

- Dance to music
- Play active games or videos
- Chase bugs, frogs and butterflies

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