

Digital detox

Limit device use to 2 hours daily (online schooling is allowed). Uninstall unused apps and mute devices when you're with others. Try to switch off by 9pm.



Wellbeing Kit

Wellbeing activities for children up to 16 years old.

Relax

Getting [enough sleep](#) has a huge impact on how we feel and think each day.



Morning treat

Mix frozen banana, 1tsp coco or cacao powder, 1tsp peanut butter, milk, honey or maple syrup.

In the moment

Bring your attention to the space you are in. What can you see, hear and feel?

Did you know?

Mindfulness is practiced by performers, athletes and more. [Click here](#) to learn more and start your mindful journey.

Stress catcher

Life can feel really challenging, it is important you develop some [coping strategies](#).

Sit with sensations

Scan your body from head to toe. Name, label and observe any sensations, without judgement.

Reflective journal

Keep a daily journal of thoughts and feelings. Record what you are grateful for each day.

Routines

A list of daily rituals helps keep you on track and in tune with your life, [click here for ideas](#).

Take a walk

Being in nature could help you to stay in the present and focus a [wandering mind](#).



Natures ornaments

Beat the lockdown blues by getting outside and creative! Have a go at making an [ice ornament](#).

Express yourself

Express your internal feelings by creating a comic for teens on managing this situation, who are villains and the heroes? Paint, draw or write it.



Please note, underlined text are hyperlinks to websites.

Thrive® is not responsible for the content on these websites.

Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so.

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