

## Gratitude prompts

This is also a relatively simple exercise, with only one instruction: fill in the blanks!

I'm grateful for these three things in my home:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I'm grateful for three things I see:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I'm grateful for these three random silly things:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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Don't let what you can't do stop you from doing what you can do." – **John Wooden**

"Being kind is never wasted."

## Gratitude Reflection activity

Reflection is an important part of mindfulness meditation and the cultivation of a sense of self-awareness. These practices can lead to an enhanced sense of well-being, among other benefits, although enhanced well-being is enough of a benefit for most of us.

To practice gratitude reflection, follow these steps:

1. Settle yourself in a relaxed posture. Take a few deep, calming breaths to relax and center. Let your awareness move to your immediate environment: all the things you can smell, taste, touch, see, hear. Say to yourself: “For this, I am grateful.”
2. Next, bring to mind those people in your life to whom you are close: your friends, family, partner.... Say to yourself, “For this, I am grateful.”
3. Next, turn your attention onto yourself: you are a unique individual, blessed with imagination, the ability to communicate, to learn from the past and plan for the future, to overcome any pain you may be experiencing. Say to yourself: “For this, I am grateful.”
4. Finally, rest in the realization that life is a precious gift. That you have been born into a period of immense prosperity, that you have the gift of health, culture, and access to spiritual teachings. Say to yourself: “For this, I am grateful.” (Still Mind, 2014)

“No one is perfect – that’s why pencils have erasers.” – **Wolfgang Riebe**



If I cannot do great things, I can do small things in a great way” — Martin Luther King Jr.

## Health and Wellness

L Z Q X C E M E V L U M S P N V L M M V U L Q  
 H T F L Y L F W Y V A G L V W A S Y D G I A N  
 S Z X Y Y B G T H N F T R O U S S E R T S C R  
 S S J T X A F L K E P J N T S G N I V A S I O  
 O G J I X I W H V V R N I E D P Q A G O Y S N  
 D I T L Z L A K J E G R Y F M K K I U Z E Y B  
 P Z C I J E G K E D I L C Y I R I L S B E H H  
 S P H B U R E T K P R P O X N N A I L V G P X  
 W R U I C Q N Z S P Q P P S O U A T H R H B X  
 I E R S Q U E C X B W Y I X G G S N C S J C A  
 M S C N L C D V B D U A N H I Y S S C Q I I K  
 M C H O F R M L E I G F G O P M E W V I M E C  
 I R V P F Y V B S N K K S A M V N E J C A T A  
 N I B S F U T I I W A I R Q H M L L E L B L B  
 G P N E M F C K I M N E N W S J L G Q G N S E  
 T T L R R N O R W Q H L X G D L E N L G J O V  
 P I T E A M X V P T O E Z V Y T W I P Y O C I  
 K O E M S E N E I G Y H W D L T V K B S C I G  
 S N P O Q S E I T I V I T C A G S L M L M A A  
 V S N V L A N O I T O M E M K L M A Z A S L Y  
 L A N O I T A P U C C O B L A F V W Y O K R B  
 B O I H R K I N T E L L E C T U A L Q G H E H  
 K J K L E S I C R E X E H H Y D R A T E H D R  
 A L X Y H T L A E H G N I T A E K Q C A Q I O

prescriptions	wellness	hygiene	volunteer
financial	no smoking	biking	mental
spiritual	reliable	activities	goals
church	exercise	laugh	debt free
eating healthy	hydrate	give back	intellectual
physical	coping	social	pray
therapy	walking	savings	emotional
yoga	swimming	balance	occupational
responsibility	Stress		

Anyone who has never made a mistake has never tried anything new.” – **Albert Einstein**



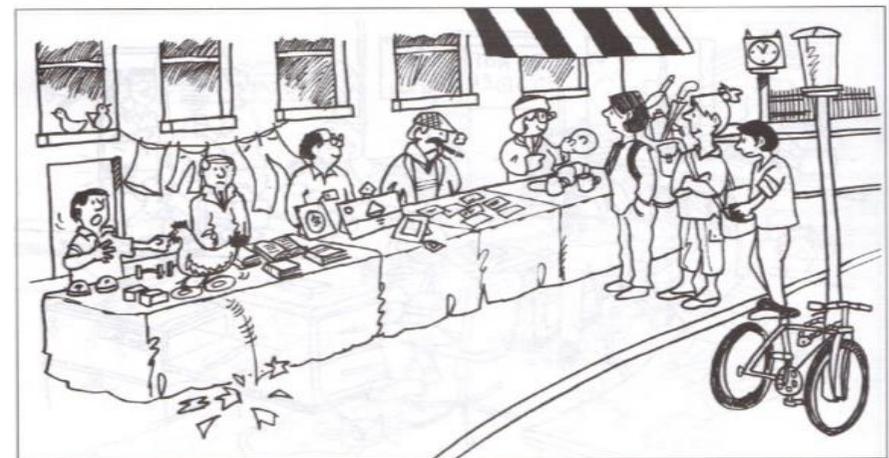
“Instead of worrying about what you cannot control, shift your energy to what you can create.”  
 — **Roy T. Bennett, The Light in the Heart**

## Stress management

N H F M F H B J G P X J Z F S K S T H H A W P S  
 Y Q H E R S R E F F U T S J W F F Z F H J B R F  
 O Z L E A T O M B C G Q G R I M S B Z N Y N R S  
 N Y L E B C I J W X S P G Y M T U K S S B U W F  
 U A E P I V R T D M G V N J R D V H S L S J G C  
 X Q L A T E E H R E N F X E A F E S E T N U F O  
 O S E I W Z D E G M I R S C A E L S R N H U C N  
 R U J N X S C R H W L S K D J D S A P H T N O F  
 B E I Y W S D A O C E Z E R O P T D X L F E N R  
 S P S I O H K P F N E F U X J I Q S E I S P F O  
 N S C E N S S Y P H F S C U O W Y B V X K O R N  
 O H S C N U X T L P C B R N R U I I Q J W C O T  
 I R V E O T K C O R T O Y V J E R Y S D A G N G  
 S F B Q N M M D R E G N A P Q R D M I W L P T M  
 S C F Y C L L E E P W T I G I R M G A B K K A A  
 E Y Y K U Q L A N T Y I N T J M U D L H I K T C  
 R K X S V J E I C T A I A Q M O D G O K N L I V  
 P K W O A Y D U G W D T F T S V P X L O G O O J  
 E T B E L J G P E A E T I G O M E U I O F O N K  
 D L O R T N O C E Q V B A D N E V T P I T W L X  
 Q Y W Y G Y R R G Z U T L L E X E R C I S E Z C  
 Y J V E Z C E M O T I O N V V M N S S R N P A G  
 X P E O P M E G P X M A N A G E L D A N N O D G  
 R X U F A V M D V O M B F W U H F F K I H O W J

anger	calm	confront	confrontation
control	cope	depression	emotion
exercise	express	feelings	frustration
illness	irritate	manage	meditate
pain	reading	relax	resentment
stress	stuffers	swim	therapy
walking			

## Spot the difference



What lies behind you and what lies in front of you, pales in comparison to what lies inside of you."

— **Ralph Waldo Emerson**

"You are never too old to set another goal or to dream a new dream."

— **C.S. Lewis**



## Brain Teasers

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

2 Johnny's mother has three children. The first child was named April. The second child was named May. What was the third child's name?

3. Before Mt. Everest was discovered, what was the highest mountain in the world?

4. What word in the English language is always spelled incorrectly?

5. If you were running a race and you passed the person in 2nd place, what place would you be in now?

6. Which is correct to say, "The yolk of the egg is white" or "The yolk of the egg are white?"

7. What type of cheese is made backward?

8. What are the next three letters in the following sequence? J, F, M, A, M, J, J, A, \_\_, \_\_, \_\_

1. How do you make the number 7 an even number without addition, subtraction, multiplication or division?

2. I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?

3 What can be seen once in a minute, twice in a moment, and never in a thousand years?

4 What is at the end of a rainbow?

## Riddle Answers

1 Drop the "S"

2 A carpet

3 *The letter M.*

4 *The letter W.*



## DAILY TIMETABLE/STRUCTURE

Just like we have our weekly student timetable, we thought you could use this to keep order and purpose to your day until we see you back here.

### Morning Routine

Get up at \_\_\_\_\_

Have breakfast, which will be \_\_\_\_\_

Shower/wash/get dressed/Brush teeth

**Morning - Choose 2 of the activities from 5 ways to wellbeing that you could include in the morning.**

### LUNCH TIME

**Afternoon- Choose 2 of the activities from 5 ways to wellbeing that you could include in the morning.**

### DINNER TIME

**Evening - Choose 2 of the activities from 5 ways to wellbeing that you could include in the morning.**

## Examples for your daily timetable using the 5 ways to wellbeing

### Connect

Send a txt to someone

Call someone

Talk to someone at home

Call a helpline e.g. Samaritans PH: 116123 or email [jo@samaritans.ie](mailto:jo@samaritans.ie)

Write a letter/ Send an email to someone

### Keep Active

Go for a walk

Use your stairs to walk up and down

Dance to music at home

Use house work as way to exercise

### Take notice

Get a plant for your home and take care of it

Have a 'clear the clutter' day

Take notice of how those your living with are feeling

Take a different route on a local walk

Look outside your window

### Keep Learning

Do a crossword or Sudoku

Research something you've always wondered about

Learn a new word.

Watch a TED talk

### Give

Give a compliment to yourself or someone you live with

Give yourself a half hour to do something you enjoy

Give gratitude/thanks to what you have

