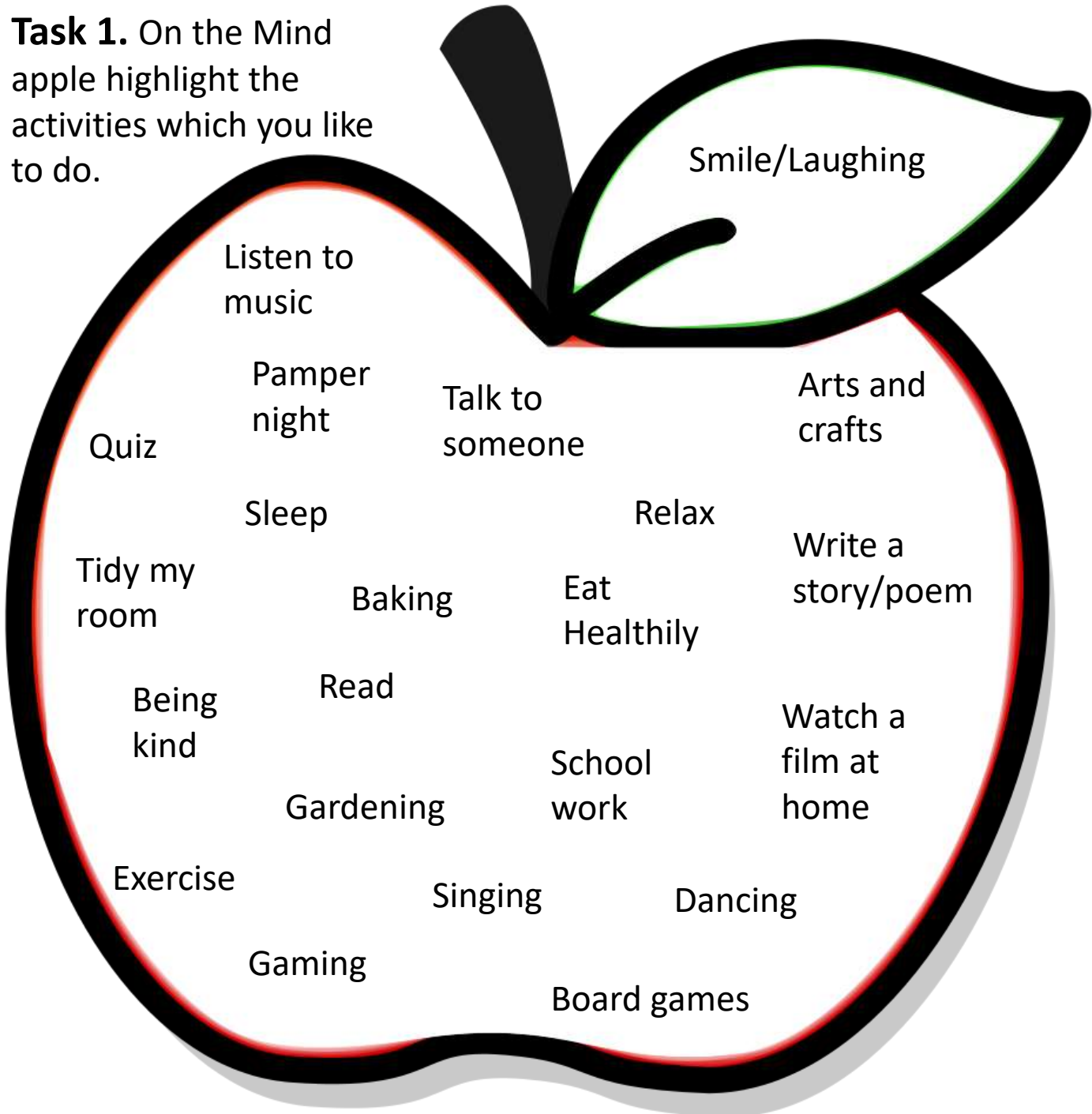


Remote Learning

Wellbeing: Mind Apples

Activities which make you feel good

Task 1. On the Mind apple highlight the activities which you like to do.



Task 2. Can you think of any other activities you do that are good for you and your mind ?

1) 2) 3) 4) 5)

Well Done! Now on the next page make your own Mind Apple

Wellbeing Mind Apple

Task 3. Around the outside of the apple write activities which you would like to do in the **future**.

On the inside of the apple write the activities you can do **now**.

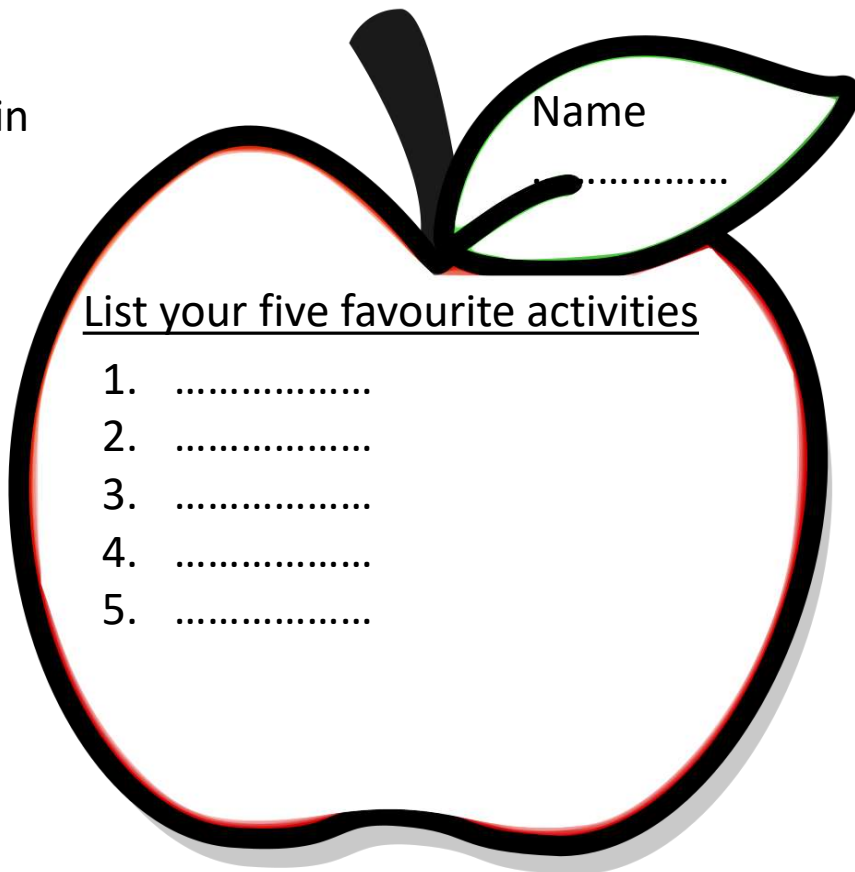
In the **future**



Next use all that you have done to complete the following page

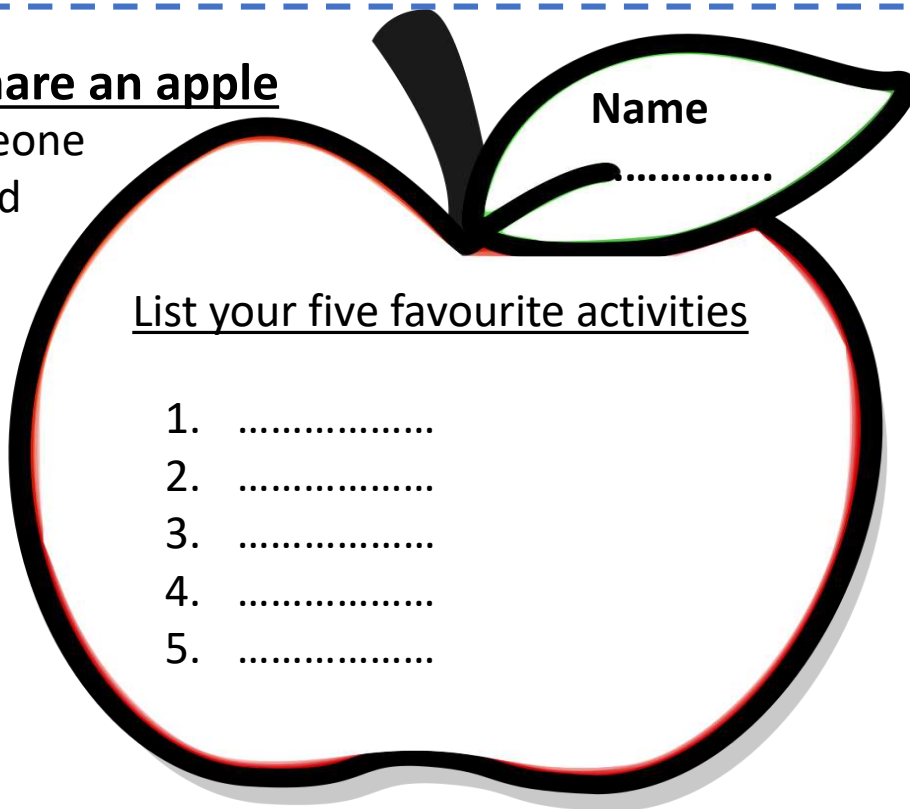
Create your own Mind Apples

Task 4. Fill in your mind apple then colour it in.



Task 5. Share an apple

Make someone else a Mind apple.



Task 6. Carefully cut out the Mind apples and hang them where you can see them everyday.

Challenge: On back of your apple create another five things good for your mind, you can use each side once a week.