

YOUNG VINNIES
CHRISTCHURCH



Take Notice

Our worksheets are just activity and learning-based, for more comprehensive information and for support please head to <https://www.mentalhealth.org.nz/> or call a helpline such as Youthline at 0800 376 633

One of the five ways that has been found to improve well-being is to take notice. According to the Mental Health Foundation of New Zealand this means, "Remember the simple things that give you joy – me aro tonu ki ngā mea māmā noa i ngākau harikoa ai koe."

Be aware of the world around you and what you feel. By reflecting on your experiences you can take notice of what is important to you. -

<https://www.mentalhealth.org.nz/home/ways-to-wellbeing>



Some suggestions

- Learn yoga or meditation.
- Be mindful of the first mouthful of food you eat. See if you can really pay attention to all the flavours and textures of the food, the act of chewing and the act of swallowing. During the following meal, see if you can be aware of the first two mouthfuls of food, and so on.
- Spend time gardening/ create a green space in your home.
- Take notice of the night sky. Be aware of what phase the moon is in and how the visible constellations change throughout the year.
- Practise gratitude; keep a diary by writing down three things for which you are grateful on a daily or weekly basis. Take the time to give a special thank you to people who support you everyday.



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Begin a gratitude journal below:



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Watch these:

https://www.youtube.com/watch?v=KB_ITKZm1Ts

Now watch this:

https://www.youtube.com/watch?v=IGQmdoK_ZfY

Write about what you found:



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How else can you take notice?

List different ways that you can take notice in your everyday
life:

