

# GIVE BACK

## CARE PACKAGE

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Using your creativity and kindness, can you create a 'care' package that you can give to someone vulnerable, in need or even a family member you haven't seen in a while.

Here are some ideas:

- A small food parcel
- Card and chocolate bar
- A colourful drawing of yourself
- A hand made gift

When you have created your 'care' package, you can share a picture of it with us at Derby County Community Trust.



DerbyCountyCommunityTrust

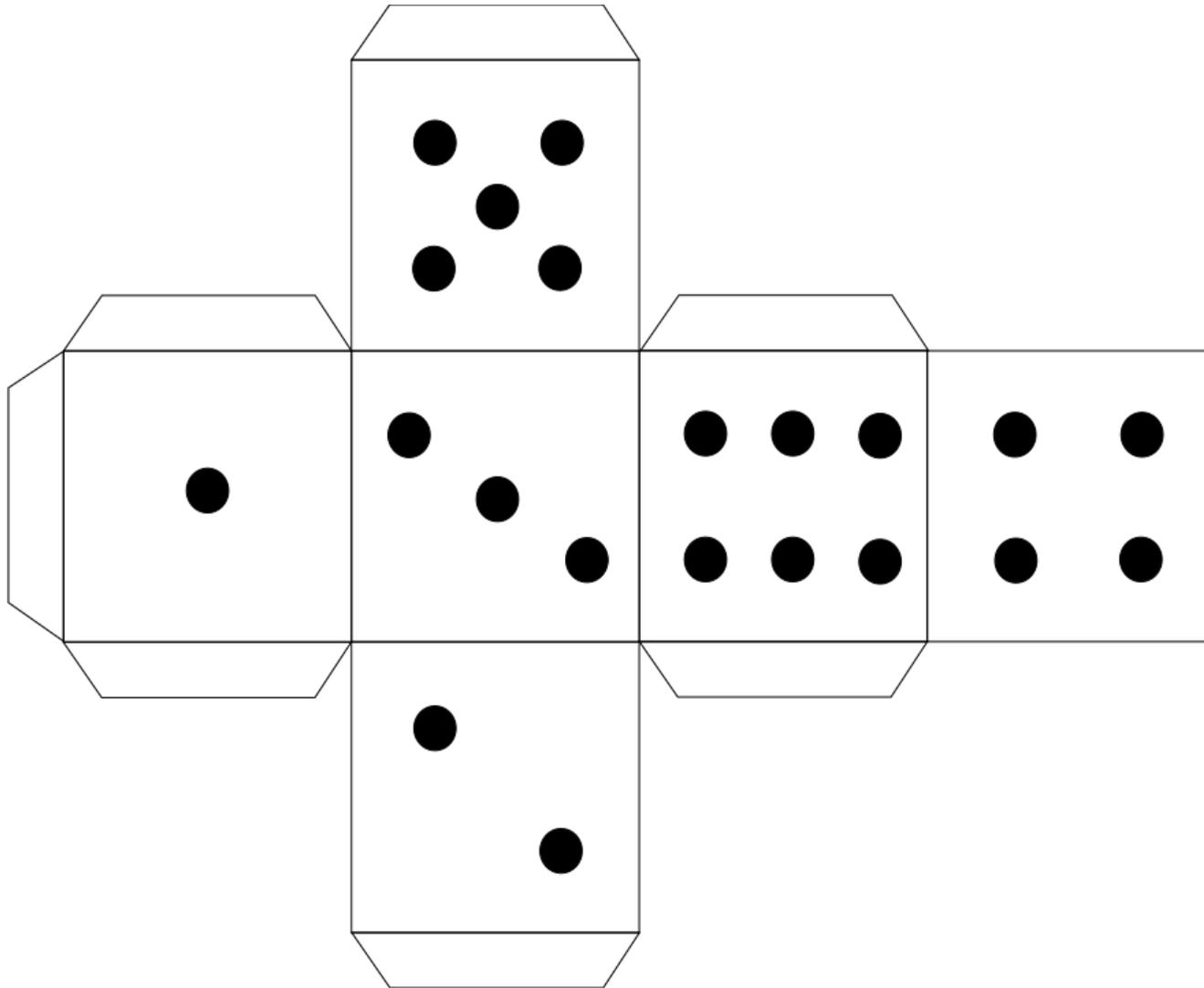


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# WELLBEING DICE



## ROLL WITH IT

Print and create your dice, using the template provided. Ask for help with creating the dice if needed.

How do you play?

Each time you roll a number, can you complete the wellbeing activity for that number. For some activities you may need someone to support you with them for example, a parent or teacher.

**Additional Challenges:**

- Can you land the dice on every number, completing each challenge
- Once you have completed all the activities, can you create your own

ROLL YOUR DICE	MINDFULNESS AND WELLBEING	ROLL YOUR DICE
1	On your own, practise kind thoughts by thinking of 5 positive things about yourself. Can you write these kind thoughts down.	
2	Close your eyes or look down at the floor and put your hand on your tummy. Take ten deep breaths and feel your tummy rise and fall.	
3	Can you do 3 stretches and hold each one for 10 seconds. If you don't know any stretches, could you ask someone to support you.	
4	Look outside your window and describe what you see to somebody. Think about the colours, shapes and sizes.	
5	Have a mindful 'snack' by describing the smell, texture and taste of the food. Describe to someone else.	
6	Sit or lie in a comfortable position. Squeeze and let go of the following body parts when your partner says: toes, legs, bottom, shoulder and hands. Hold for five seconds and slowly release.	



# WELLBEING CHALLENGE

## WEEK ONE

Write two things you are grateful for and put them on your fridge for all to see.