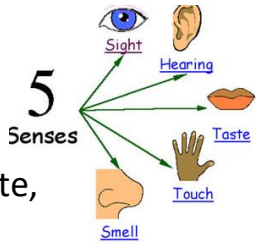
Take Notice

Taking notice means being aware of things outside of you and the things inside of you. This means being in the present moment and using your senses to notice things. We can also notice our thoughts and feelings. Practising this skill helps our brains have a rest from thinking of lots of things at once and help us to feel calm.

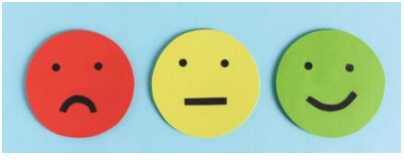
Nature

If you have an outdoor space, spend some time there and notice any colours or textures. If you are going for a walk with your family, see what you can notice in nature. For example, bird sounds, colours of plants, the feel of the wind and the shapes of the clouds.

Use your senses



- Use all your senses to notice things around you.
- Play a feely guessing game. Whilst you keep your eyes closed, ask a family member to pass you an object. Use your sense of touch to describe the object and have a guess at what it is!
- Close your eyes for one minute and listen carefully. After one minute, write down everything you heard.
- Listen to some music. You could close your eyes to help you focus.
- Colouring/drawing

Thoughts and Feelings

- Take a moment to think about how you are feeling. Which words would describe how you are feeling.
- Draw a picture to show how you are feeling.
- Try and notice the physical sensations in your body and how that relates to how you are feeling. When you are excited, how does it feel in your body? If you feel angry, where in your body can you feel it?
- Noticing how we are feeling can help us to manage our feelings. Perhaps you could talk to an adult about it?