

Wellbeing Trail (without using interactive markers)

Control	555 Breathing	Remember:
		<ul style="list-style-type: none"> - Open posture - Big breath in - 5, 4, 3, 2, 1 - Exhale slowly - 5, 4, 3, 2, 1 - Repeat this 5 times.
Control	Power Postures	Remember:
		<ul style="list-style-type: none"> - How we feel is connected to how our body is positioned. - Lift up your chest and take a nice deep breath. - Raise your arms above your head as if you are celebrating. - Smile! - Look up at the sky. - Hold this position for about 20 seconds. - Say 'YES'!
Control	Gratitude Ping Pong	Remember:
		<ul style="list-style-type: none"> - Think about things that you are grateful for. - Do this activity with a partner (or in a 3). - There are no wrong answers! - 'In this moment I am grateful for.....' - Ping on to your partner.
Control	Coming To Your Senses	Remember:
		<ul style="list-style-type: none"> - This activity is all about being in the present moment, using our five senses. - Stand in a comfortable posture and close your eyes. - Focus on the sounds you can hear. Spend a couple of minutes just listening. - Now move your attention to your sense of touch, then taste, then smell, then on what you can see. - Try to be more aware of each sense than your thoughts.
Control	Chi Ball	Remember:
		<ul style="list-style-type: none"> - Give 100% commitment! - Extend your arms and fingers straight up. - Open and close your hands as fast as you can. - Take strong breaths and let out any aggression – Growl if you want! - Open your hands and slowly relax your shoulders – feel the sensation in your hands. - Very slowly, bring your arms down. Slowly begin to bring your hands together – until they're close, but not touching. - Breath slowly and feel the sensation in your hands – it's almost as if you're holding an invisible ball! - Gradually bring your hands together and slowly rub your tummy.

