Vital Signs - Reflections 10 Fundaphysicals of Health 1. Energising Elements

- 1. Breathing through your nose, and into your belly, relieves stress and relaxes the body which flows onto a calmer mind.
 - a. Where is an area of stress during your week?
 - b. <u>How could nose-to-belly breathing</u> *before, during,* or *after* these stressful experiences <u>benefit you</u>? <u>How would it change your experience</u> and outcomes of the situation?
- 2. Where are you <u>not</u> getting enough fresh air currently? (tick)
 - □ Bedroom window isn't opened a little for sleep
 - □ House stays closed up all the time
 - □ Car windows aren't opened
 - □ I stay inside mostly at school and home
 - a. Now, circle which ones you are going to change today.
- 3. How do you think more sunshine/natural light could benefit your mental outlook? How would you describe what it feels like when it's your perfect temperature and the sun is shining gently on you?
- 4. What do you think will be "the difference that makes the difference" in increasing how much water you drink? Eg. drink through straw, add citrus juice, keep water bottle on you.

What is it about this that is the magic key for you?

5. When, specifically, was the last time that you walked around barefoot, not at home, but on <u>natural</u> <u>surfaces</u>? Eg. water, rocks, sand, grass, earth, pebbles, wood.

Describe one of the most beautiful and scenic locations you have been to that you can remember. Where was it? What sounds were there? What did it look like? What were you doing? What were you seeing, hearing, feeling or doing?



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What are your top 3 key learnings?

What did you explore that you hadn't heard before?

What was covered that you had heard of but haven't put into action?

How and where do you see yourself using what you've learnt?

Two more thoughts about today: