

FEEL GOOD ACTIVITY BADGE

How to earn your badge...

1. Doing things that you enjoy can help boost your mood. What makes you feel good? Try some activities that give you that winning feeling or do something that helps you relax.

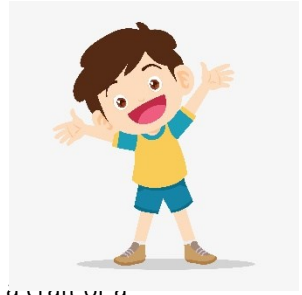
You could try some active team games or problem-solving puzzles or chill out with a craft or a story. Choose something challenging and enjoyable so you can practise concentrating. You could turn your activity into a new hobby (or make it a part of every session) so you have something to look forward to.

2. We're often really busy having fun, but taking notice of how you're feeling is a great skill to practise. Take a minute or two to check in with your feelings and remember what makes you feel happy.

You could think about what different feelings look like or how they feel in your body. What's your favourite feeling? You could think about things that make you feel happy or things you could do to help other people feel happy too.

3. We know that connecting with other people can help us to feel good. Create a comfy space to spend some time with your friends at Squirrels.

You could use natural materials to build a den or make a blanket fort indoors. You could use your comfy space to play some fun games, sing some songs, or find out something new about your friends.



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