

Fitness

1. Look around your local area for opportunities to keep fit, e.g. dance classes, ice rinks and the local park. Score each opportunity out of five for each of the following:

- How easy it is
- How much fun it is
- Its cost
- How much equipment you need
- How safe it is

Which one came out best?

2. Pick three activities, one to look after each of the following:

- Physical health
- Mental health
- Healthy diet

Do each one for a week.

3. Try a new and exciting type of fitness activity. It could be anything you like which raises your heart rate - poi, pogo jumping, extreme cleaning, speed walking, karaoke dancing.... be imaginative! Decide how often you're going to do the new activity and keep it up for at least a month.

Mixology

1. Explore different juices, fruits and herbs to create some new mocktails. Use up to eight ingredients which you already have at home to make a new drink.

2. Create a mocktail menu. Include at least three different drinks, giving them names and listing their ingredients. Make the menu look appealing.

3. Hold a mocktail party! Plan and organise the event yourself and ask the guests to review the drinks on your menu. Which one is prettiest, tastiest, healthiest, best-named, etc?

Meditation

1. Use YouTube/similar to find some *body scan* meditations. Try a different one each day for five days. Start with a short one (around 2min) and try a slightly longer one each day.
2. Make a pile of objects, e.g. counters, bottle tops, pencils, pieces of pasta. Sit quietly for a minute trying to clear your mind. Each time you have a thought, move an object to a second pile. Do this every day for five days, trying to reduce the number of thoughts you have (and objects you move) each time.
3. Using devices like mobile phones, tablets and TVs can boost your alertness. Using them at night can make it harder for your mind to switch off and disrupt your sleep. Challenge yourself to switch off all your devices an hour before you go to bed every day for a week. Do something relaxing with this time instead.

Natural remedies

1. Find out which natural ingredients are used in things like herbal teas and skincare products. What special qualities do they have? E.g. avocado is good for dry skin, mint settles the stomach.
2. Experiment with scent. Try different combinations of natural ingredients to make an aroma which you like. Then, make something which is scented using natural ingredients, e.g. perfume, scented candles, bath bombs, or potpourri.
3. Create your own products and launch your natural brand! Use ingredients which are easy to find at home to make products such as teas, face masks, moisturiser or exfoliators. Create and illustrate a recipe book.