

Interest Badge - Travel, Parts Two & Three



If you've already done part 1 planning then the next part is to look at safety.

Part 2. Safety first

It's now time to get advice from your well-travelled friends. As well as hearing exciting stories from their trips, ask them what safety precautions they'd recommend for travelling. If possible,



Speak to someone who's already been to the place you're travelling to or done the activity you're planning to do.

Back up what you find with safety information from other sources, like guide books and online reviews.

Finally, collate your top safety tips, explain why you've chosen them, and display them creatively.

Part 3. Bon voyage

Exciting times ahead! You're ready to go travelling. Have a great time away!

Build up a record of your trip - you could take photos or videos, collect a couple of souvenirs, interview people or do some drawings, for example. Use them to make a scrap book, shadowbox, photo gallery

Be Well, 60 minute UMA

Relaxation Station

You may need:

- Paper
- Pens/Colouring pencils
- Colouring-in sheets
- A timer
- Pictures/videos of yoga positions
- Music player and calming music
- A hot drink
- Blankets and cushions



Relaxation Techniques

Yoga is a great way to destress. Try out the different yoga positions and stretches you've found. Follow the instructions carefully so you don't hurt yourself. Look at these yoga poses to get you started: mountain, chair, cat, dog and child.

Colouring in helps you find focus and can be very relaxing. Grab a colouring-in sheet/book and let the colours calm you.

Meditation trains your mind to stop being easily distracted. There's no right or wrong way to meditate but it can take a while to find the right way for you.

Sit in a quiet place and close your eyes. Breathe slowly and steadily – focus on your breathing and movement of your chest. It's normal for your mind to jump to different thoughts but just try and bring focus back to your breath. You can find more meditation tips online.

Journaling can help you organise your thoughts. Don't worry about what you're writing or drawing; embrace your thoughts and release them onto the page. When you're done, you could keep what you've done, you could keep what you have written/drawn or scrunch the paper into a ball and throw it in the bin as a way of releasing the energy.

As we start to plan going back to school, sixth form, college, etc, now seems to be the perfect time to explore different relaxation techniques and find a one that works for you to help you with what could be an overwhelming time.

1. How are you feeling today? Have you ever felt stressed? Most likely everyone has felt stressed at one point.
2. When you're feeling stressed, what do you do to relax? What is your best way to get your mind and body to calm down?
3. Before you can start relaxing you need to make sure the space around you is a stress-free zone. Are you able to dim the lights, put some blankets and cushions around the room, play calming music, have a hot drink, turn your phone to do not disturb.
4. Now the scene is set, have a look at the different relaxation techniques and decide which one will sort you and the area you are in. You could try the others another time.
5. When you're feeling relaxed enough reflect on how you are feeling now. Has that technique worked? Do you need to try another? Maybe share your technique with others around you.