

A nasty virus called Covid and it's 19 evil friends are attacking the Earth.

We need you to help stop them!

Luckily, we've assembled a team of heroes to teach you the skills you'll need. They are...

**THE WORLD
NEEDS YOU!**

THE ANTI- BADDIES

Positivity
Polar Bear



Tyranno-Purpose
Rex



Limber
Leopard



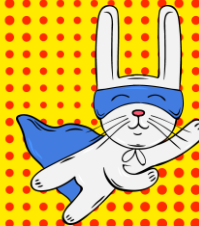
Mindful
Moggie



Random Act of
Kindness
Racoon



Brainy
Bunny



A team of super heroes, each with a unique set of skills.

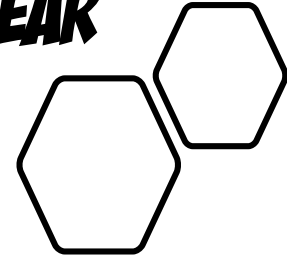
These skills will help build your **mental fitness** so that we can beat the virus together.

SCIENCE SHOWS . . .

Having a healthy mind & brain can help to build a force field against illness, called immunity.

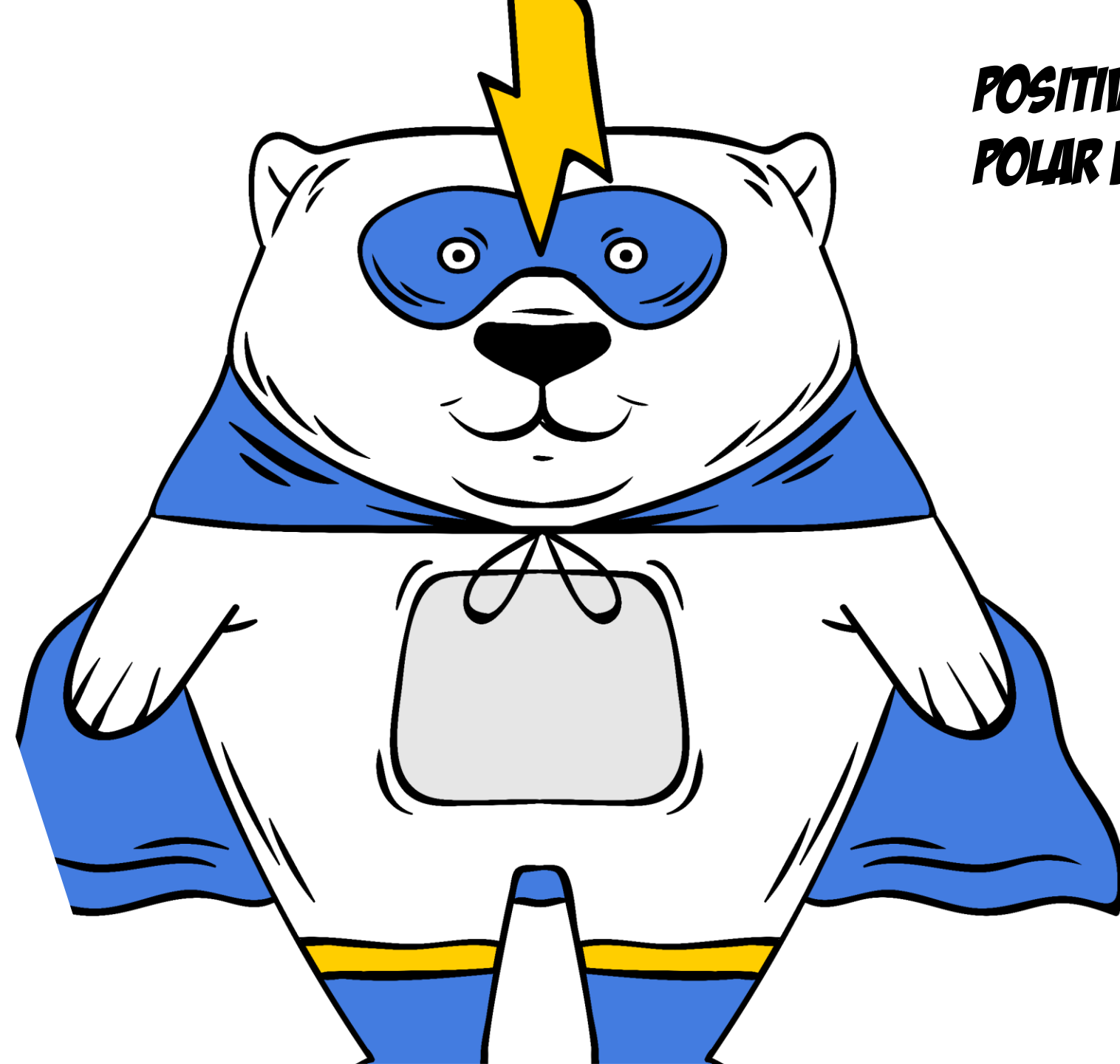


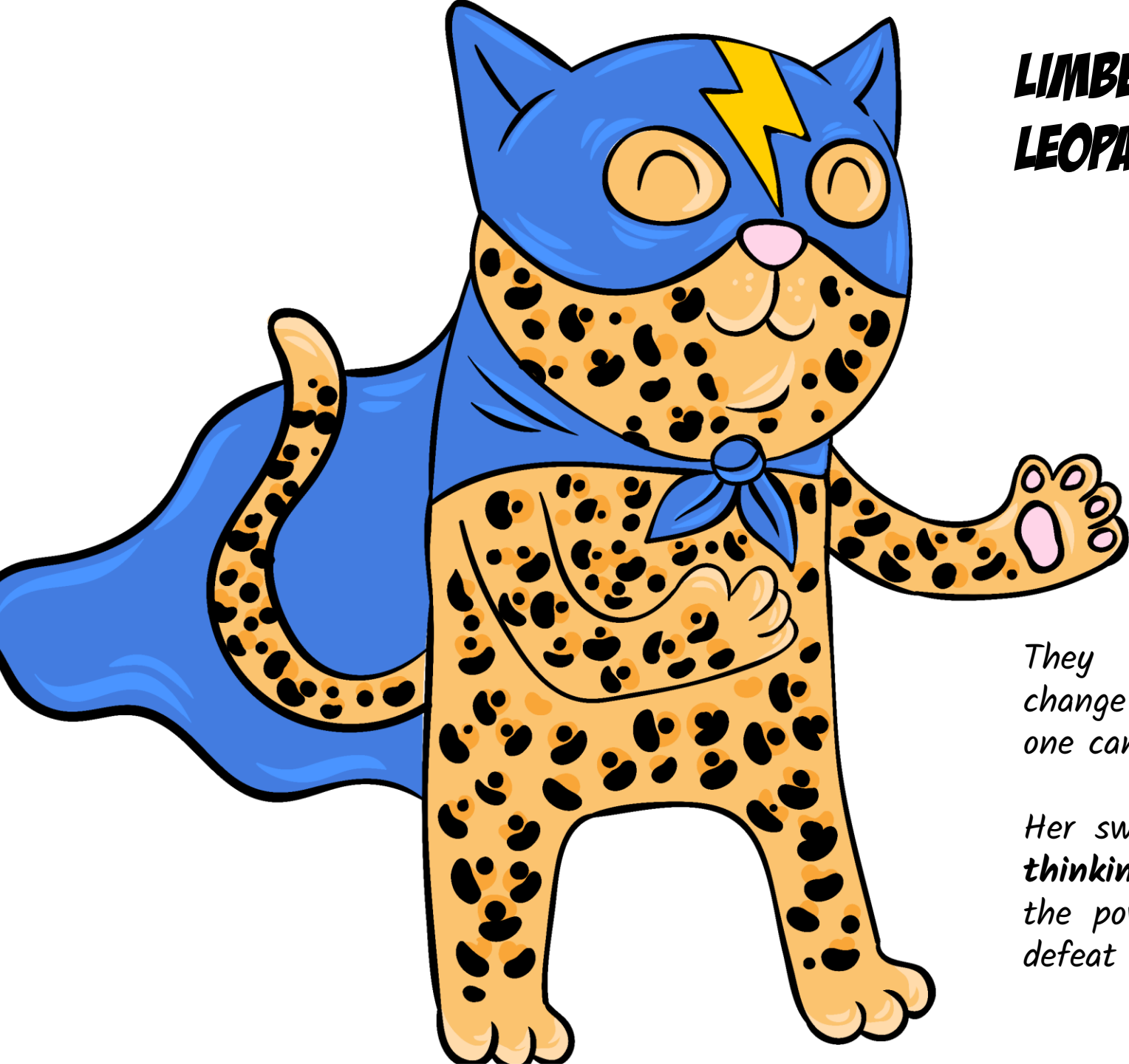
POSITIVITY POLAR BEAR



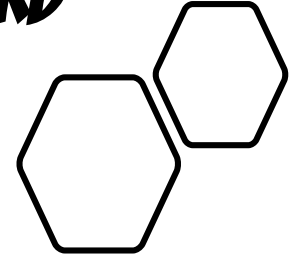
The leader of the crew, Positivity Polar Bear is always having a good day.

*His skill is to focus on what went well, he always says **thank you**, and he even has a **time machine!***



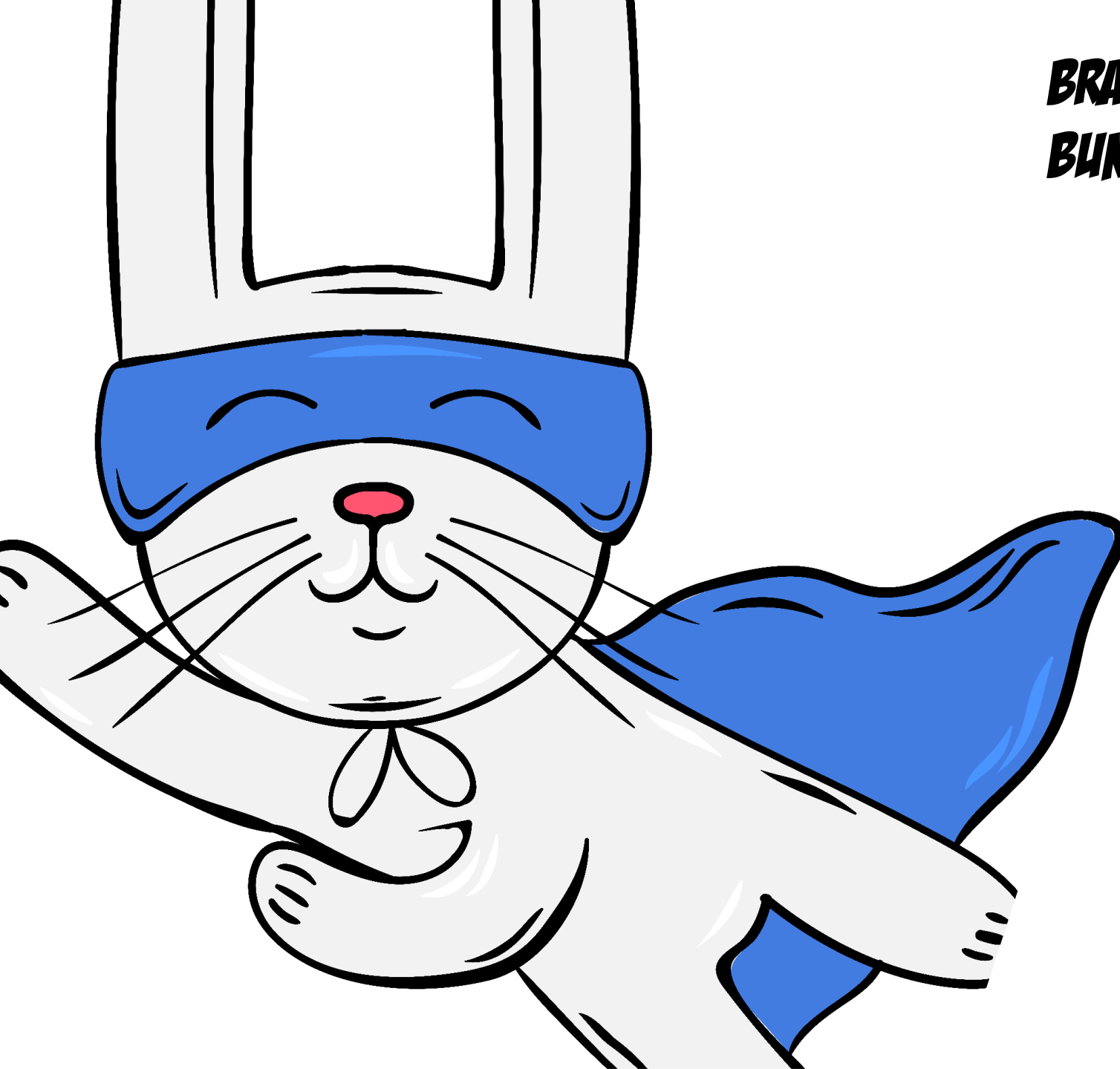


LIMBER LEOPARD

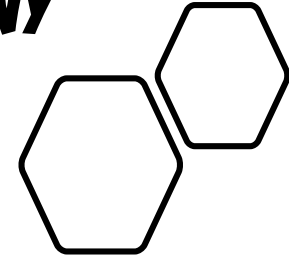


*They say leopards don't change their spots, but this one can change **thoughts**.*

*Her sworn enemies are the **thinking germs**. She uses the power of **reframing** to defeat them.*



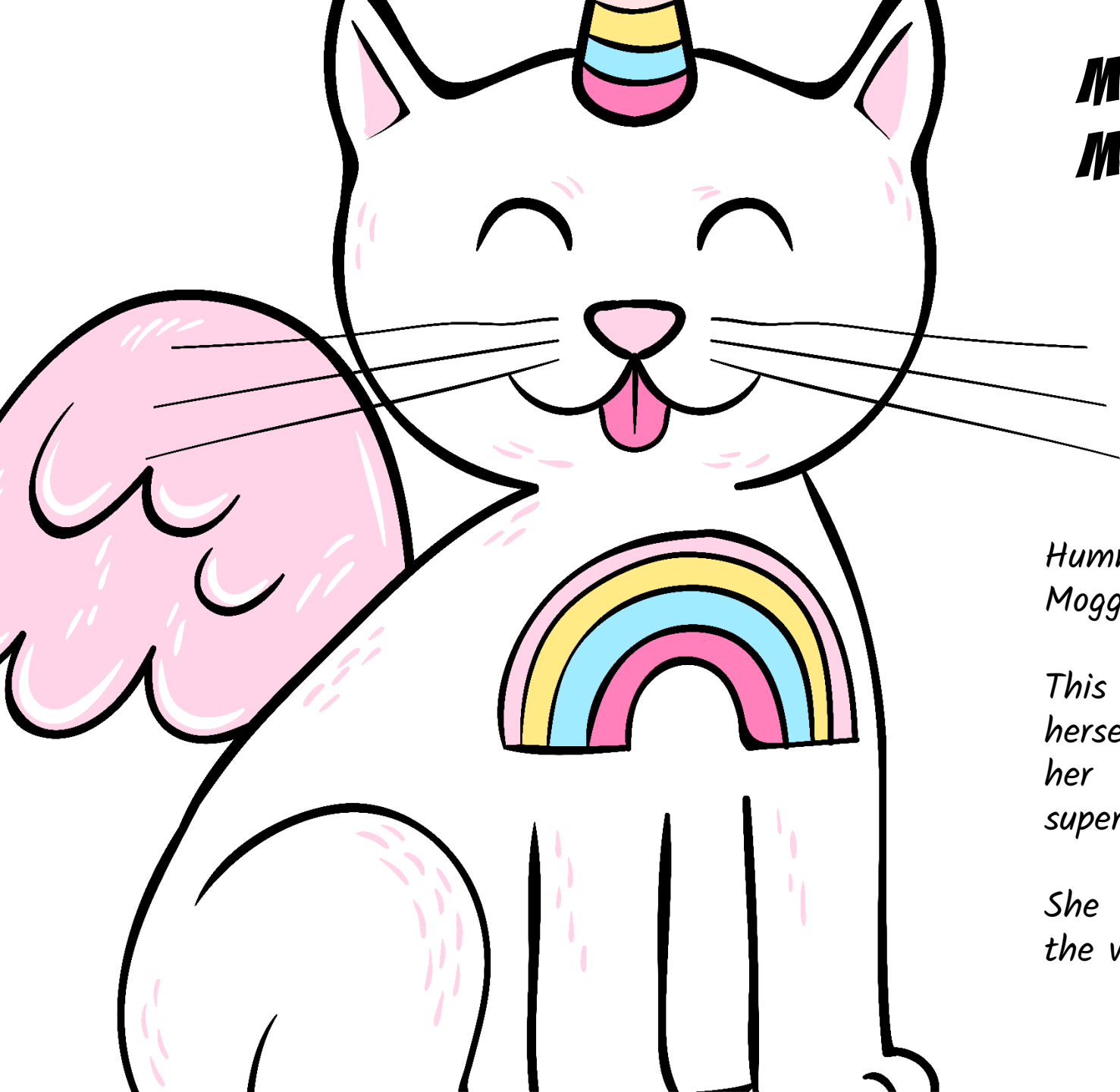
BRAINY BUNNY



*This is one **smart** little bunny!*

*He knows all about the **brain** - and how we can model it like clay!*

*He also knows how we can feed our brain by **eating** the right things, **moving** around and getting good **sleep**.*



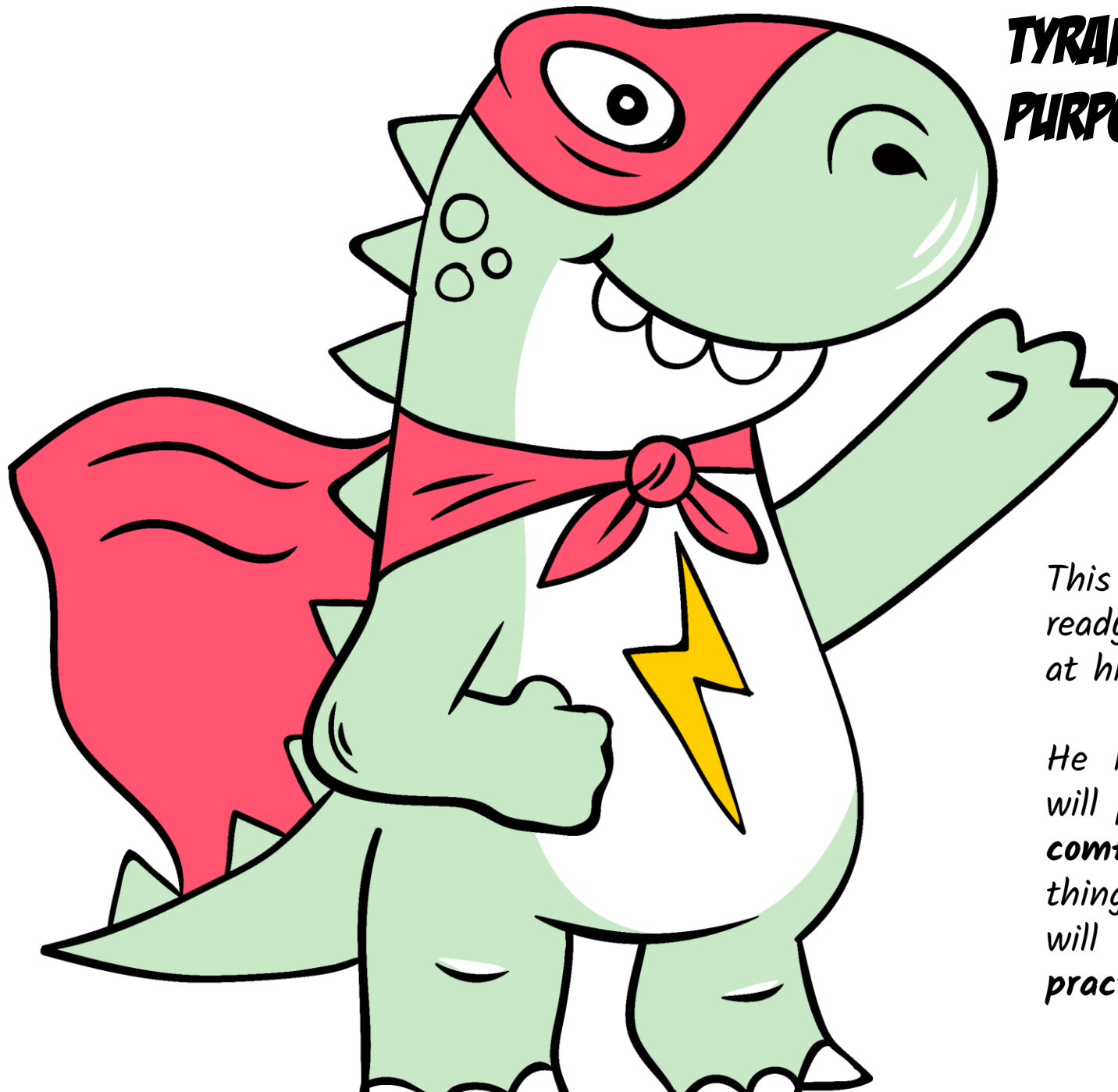
MINDFUL MOGGIE



Hummm, quiet please
Moggie is **meditating**.

This zen cat takes time for
herself every day to practice
her breathing and stay
super **chilled**.

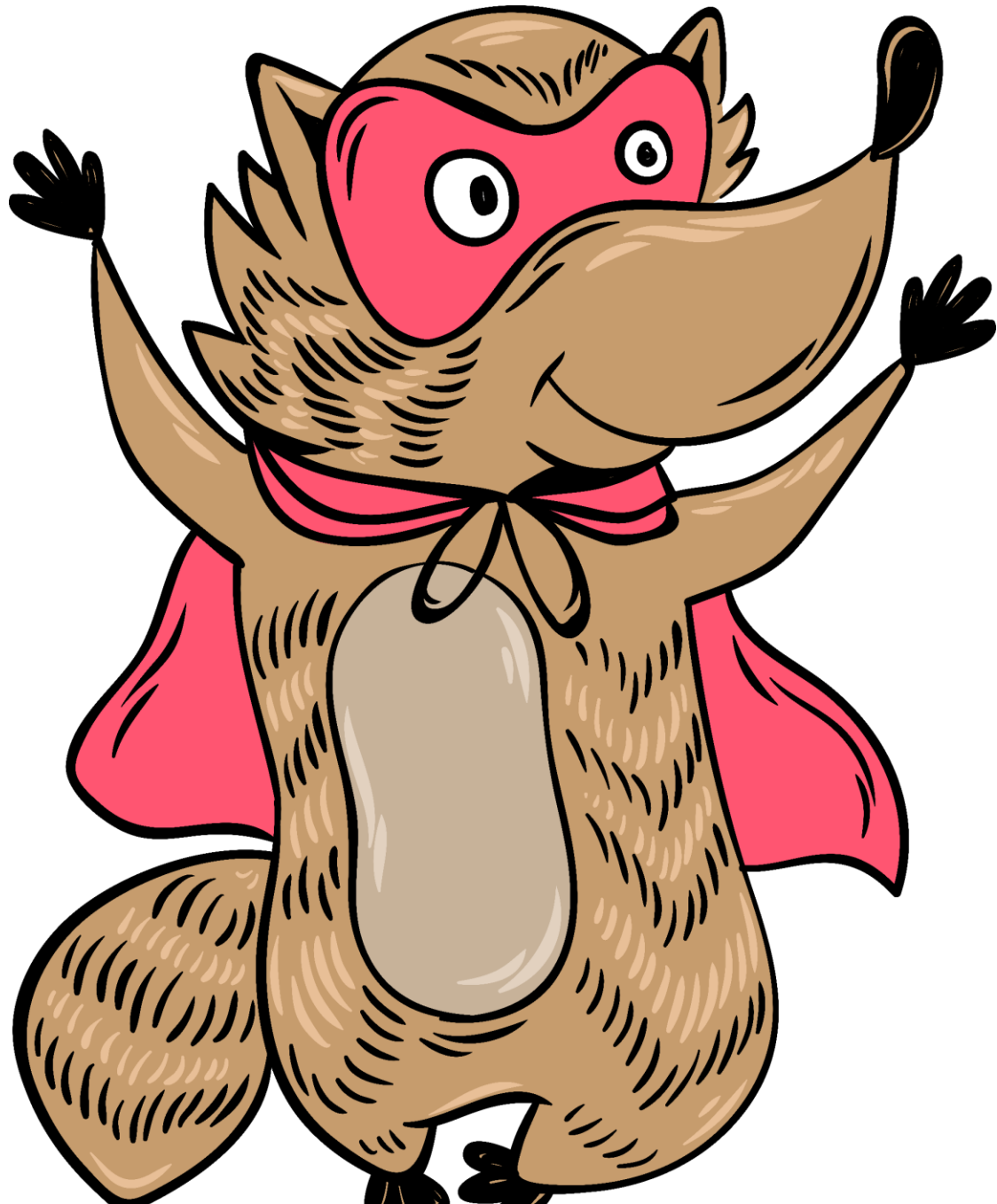
She also loves **nature** and
the world around her.



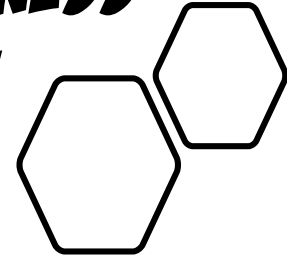
TYRANNO- PURPOSE REX

*This **determined** dinosaur is ready for what life throws at him!*

*He loves a **challenge**, and will push himself out of his **comfort zone**. He tries new things and knows that he will get better with **practice**.*



RANDOM ACT OF KINDNESS RACCOON



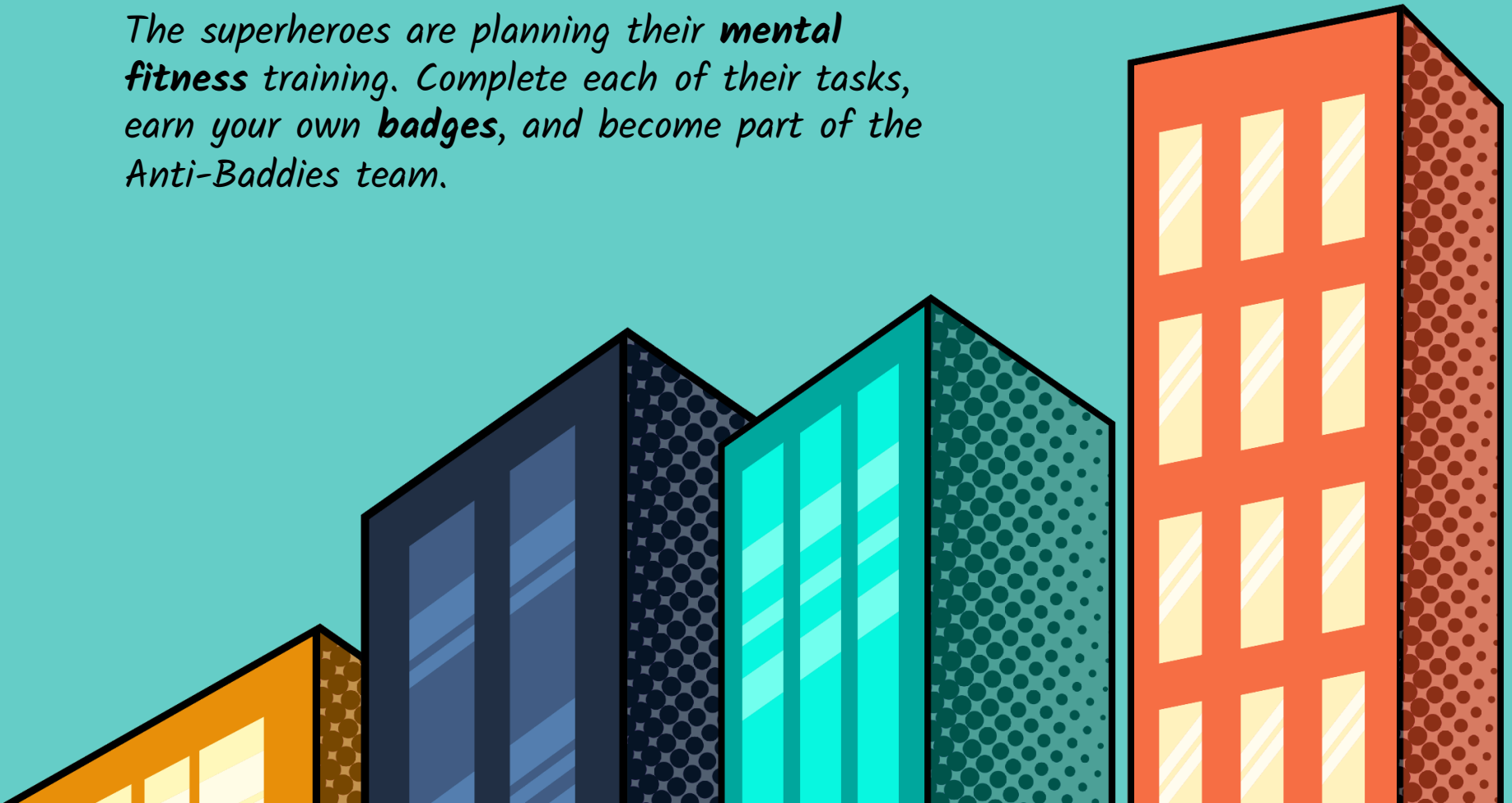
*The **nicest** creature you will ever meet is Racoon.*

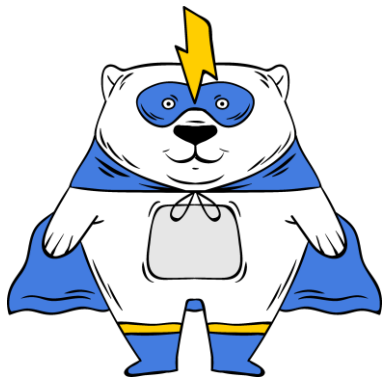
*She keeps her **family** and **friends** close to her heart.*

*She does **good things** for others to make them feel great!*

MEANWHILE, AT THE ANTI-BADDIES HQ...

*The superheroes are planning their **mental fitness** training. Complete each of their tasks, earn your own **badges**, and become part of the **Anti-Baddies** team.*





Earn your Thumbs-Up badge by being like Positivity Polar Bear.

Try the tasks below and record your progress.



What Went Well?

It's sometimes easy to focus on the things that didn't work or go as well as we'd have liked.

But Positivity Polar Bear wants you to do the opposite.

*Write down **three things each day that went well.** The great stuff you enjoyed and want to remember.*

Record them in a journal that you can keep forever.

Say Thank You

*There's a super skill known as **gratitude**. This means saying thank you to a special person who is important to you.*

Try writing a letter or a postcard saying thanks to that person for everything that they have done.

Positive Mental Time Travel

When we are faced with a challenge it can often seem that the hard times will last forever. But we know this is not true.

*Fire up your own **mental time machine** and write down two or three positive things that could happen to you in the next week.*

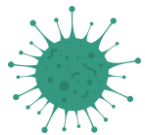


Earn your Switch-Up badge by being like Limber Leopard.

Try the tasks below and record your progress.



Covid has sent his minions to mess with your thoughts. Look out for the thinking germs below:



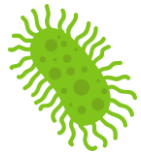
Catastrophising

Blowing things up, making a really big deal out of something small.



Permanence

Thinking something bad will last forever.



Internalising

Thinking bad things that happen are always your fault.



Feelings as facts

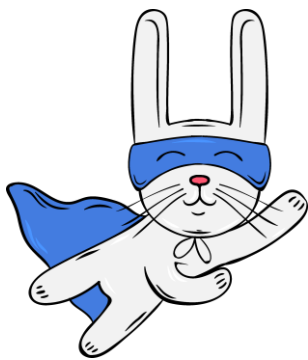
Believing that if you feel something it must be true.

Try it out

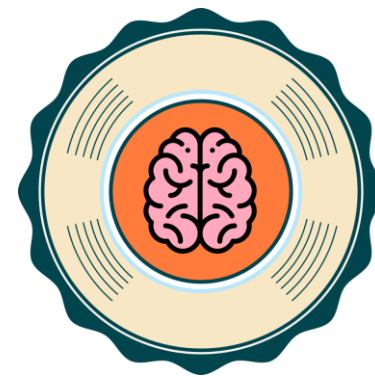
Write down or share your thoughts about Covid-19 spreading. How does it make you feel?

Now look at the thoughts. Have any of the thinking germs affected how you are feeling? Can you change these for more positives?

And remember to try to focus your efforts on the things you can control, rather than the things you can't.



Earn your Brain badge by being like Brainy Bunny.



Try the tasks below and record your progress.

Your Plastic Brain

Did you know that your brain can be modelled like clay?

Your brain is not fixed and can be changed if you put your mind to it.

Grab some modelling clay and make your own version of what you think your brain looks like. Share it with someone and talk about the differences.

Let's Get Physical

Your brain and body are linked. Just 30 minutes of exercise per day can help you to think more positively and be happier.

Luckily Brainy Bunny knows Joe Wicks, The Body Coach. He is running daily PE sessions to help keep you active over the next few weeks.

<https://www.youtube.com/watch?v=K6r99N3kXME>

Eat Yourself Happy

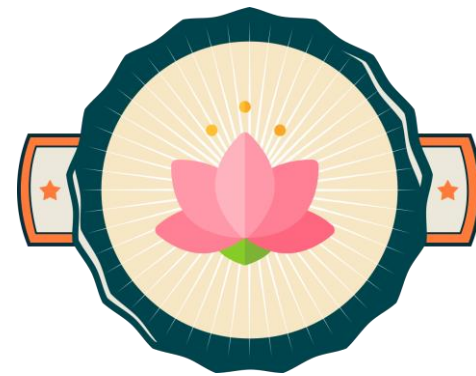
It's said that you are what you eat. Fruit and vegetables are an important part of our diet. We need them to stay healthy.

Complete your food diary checklist and award yourself a tick on the badge if you manage to eat five in one day.



Earn your Lotus badge by being like Mindful Moggie.

Try the tasks below and record your progress.



One Minute Mindfulness

Get into a comfortable position and set a timer for 60 seconds.

Next, close your eyes and imagine you are at a bus stop in your brain. Watch as the thoughts and feelings that you have come and go like buses.

Remember you can't control the buses. But what you can do is choose whether you jump on board. Whether you make a thought real, or simply watch as it passes by.

Breathing Buddy

Mindfulness is all about staying in the present moment.

Choose a cuddly toy to be your breathing buddy. Rest it on your tummy as you lie in a space. With each breath watch your buddy rise and fall on your tummy. Go carefully so that you don't lose your buddy!

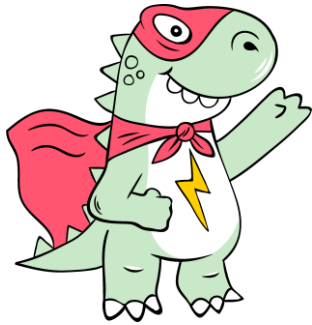
Yoga-t This

Yoga is an ancient form of exercise that focusses on strength, flexibility and breathing.

Head over to Cosmic Yoga and Go Noodle for real practice.

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>



Earn your Bullseye badge by being like Tyranno-Purpose Rex.



Try the tasks below and record your progress.

Learn Something New

We feel good when we push ourselves to learn something new.

Pick something that you have been meaning to try for a while and give it a go.

Remember when things get hard, don't give up. And record your progress for a badge.

Set a Target

Think of something you already do regularly.

Set yourself a target to improve that skill.

Maybe you want to do 20 keepie-uppies with a football or cycle further than you have done before.

Nature Calls

Practice saying Biophilia - "Bye Oh Fill Ee Yah".

This is the study of our connection with nature.

Go on an environmental walk outside or in your garden. Listen carefully to the sounds around you, smell a flower or make a collection of leaves to put in a nature bag.



Earn your Peace badge by being like Random Act of Kindness Raccoon.

Try the tasks below and record your progress.



Random Act of Kindness

We feel good when we help others.

Think of ways to surprise somebody important to you with an act of kindness.

You could try leaving a nice note for somebody to find, drawing them a picture or tidying up!

Map Your Support

It's good to know who we can rely on and ask for help.

Make a support tree with you in the middle. Surround yourself with pictures and names of the people you can turn to when you need them.

Remember to include family, friends, teachers or even pets!

Connect

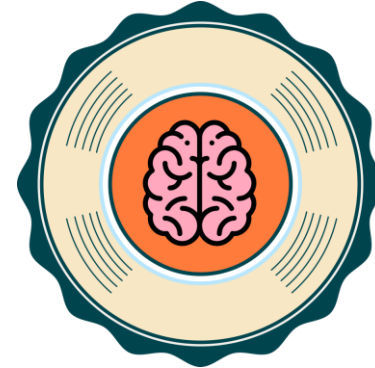
Social distancing doesn't mean being alone.

Just because you can't visit your friends and family, doesn't mean you can't connect with them.

Try a video call with someone important to you.

TRACK YOUR PROGRESS

Every time you complete a task from the Anti-Baddies, reward yourself by colouring in one circle for the right badge below. Once you have five in one area you have earned a badge! Can you collect all six?



Don't forget to take a snap of your activities and send to the crew on Twitter: [@AntiBaddies](https://twitter.com/AntiBaddies)



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