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...
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.
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!
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.
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.
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.
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 Raccoon.

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.
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.

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.

https://www.youtube.com/watch?v=K6r99N3kXME
Earn your Lotus badge by being like Mindful Moggie.

Try the tasks below and record your progress.

<table>
<thead>
<tr>
<th>One Minute Mindfulness</th>
<th>Breathing Buddy</th>
<th>Yoga-t This</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get into a comfortable position and set a timer for 60 seconds.</td>
<td>Mindfulness is all about staying in the present moment.</td>
<td>Yoga is an ancient form of exercise that focusses on strength, flexibility and breathing.</td>
</tr>
<tr>
<td>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.</td>
<td>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!</td>
<td>Head over to Cosmic Yoga and Go Noodle for real practice.</td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td><img src="https://www.youtube.com/user/CosmicKidsYoga" alt="https://www.youtube.com/user/CosmicKidsYoga" /> <img src="https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw" alt="https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw" /></td>
</tr>
</tbody>
</table>
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.
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