

Critter Comforts: 10-day mindfulness challenge

Have you ever noticed how watching cute animal videos can instantly make you feel better? Whether it's baby goats bouncing around a farm or fluffy alpacas being silly, these animal friends can help us feel more relaxed. You might also enjoy seeing tiny baby chicks, amazing birds soaring through the sky or even cool lizards and frogs doing their thing. Scientists have found that watching animals, even in videos, can actually help both your mind and body feel calmer and happier.

Want to try something cool? Join us for the Critter Comforts 10-day mindfulness challenge, where you can take a break from your busy day and feel better while using your screen time wisely. Here's how it works:

1. Watch one new animal video from our Critter Comforts playlist each day for 10 days.
2. Answer some quick questions about the video you watched.
3. After all 10 days, complete some fun activities that help you think about what you learned and how the videos made you feel.

Scan here for Critter Comforts videos



Critter guided breathing exercise:

Tip - Focus on following the breathing exercise instructions throughout the video.

1. How did you feel before the breathing exercise?

2. How did you feel after the breathing exercise?

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Gaze into the eyes of critters:

Tip - Focus on looking into the critters' eyes while you watch this video.

1. Did you find it difficult to focus your attention on the critters? Why or why not?

2. How did you feel after this exercise?

Relax with singing frogs:

Tip - Tune into the sounds in this video

1. What sound stood out to you the most in this video?

2. How did you feel after watching and listening to this video?

Gallop mini horse:

Tip - Focus your attention on the mini horse throughout the duration of the video.

1. What part of this video did you find the most relaxing?
e.g. when the horse was galloping, when it shook its head, etc.

2. How did you feel after watching this video?

Sleeping critters:

Tip - Watch this video before going to bed and ending your screen time for the day.

1. Did this video help slow your thoughts as you wound down before bed?
Why or why not?

2. How did you feel after watching this video?

Cuddle up with fluffy alpacas:

Tip - While watching this video, think about your different senses and imagine you're with the alpacas.

1. What did you imagine? e.g. the softness of their wool, the sounds they made, etc.

2. How did you feel after watching this video?

Snacking critters:

Tip - Watch this video when you need a snack break during the day.

1. What's your favourite healthy snack to re-energize during the day?

2. How did you feel after watching this video?

Cuddly critters:

Tip - Watch this with your pet, your favourite toy or a loved one.

1. How do you feel after hugging your pet, favourite toy or a loved one?

2. How did you feel after watching this video?

Critters and exercising:

Tip - Watch when you need some motivation to move your body.

1. What's your favourite way to get some movement during the day?

2. How did you feel after watching this video?

Critters and well-being:

Tip - Watch when you need some encouragement to talk about your well-being.

1. Who do you like to confide in and why?

2. How did you feel after watching this video?

Congratulations! You've completed the 10-day Critter Comforts mindfulness challenge and positively contributed to your digital well-being.

Overall reflection questions:

1. Which video was your favourite and why?

2. What area of your digital well-being do you want to focus on the most?

3. Did these brief moments away from other digital distractions help you feel good?
Why or why not?

4. Feeling artistic? Draw a picture of your favourite critter from the series.

5. If you could include a new animal, which one would it be and why?
What would it be doing to show well-being?
