



Wellbeing Wednesday



Healthy body

Challenge yourself to eat as many fruit and vegetables as you can to keep your body strong and healthy.

Feel calm

Can you draw a picture of a happy place?
Why not put it in your window for all to see.

Be outdoors

Stand outside and use your senses. What can you hear, smell, feel and see?

Feel calm

Open your window and try and count how many birds you can hear.

Be outdoors

Make a collage or picture from natural materials that you have collected.

Be active

Why not work as a team today?
Help your family to; cook a tasty meal, do some gardening or complete some household chores.

Special time

Give someone in your household a compliment, make them smile.

Be active

Circuits! Give yourself 30 seconds to complete as many squats, star jumps, push ups and burpees as you can.

Special time

Cosy up under a blanket and share a book with an adult.

Healthy body

Are you drinking enough?
Make sure to drink 4 glasses of water today.