



Wellbeing Wednesday



Healthy body

Take a picture of yourself eating a piece of fruit.

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

Listen to some music.
How does it make you feel?

Be outdoors

Go on a safe walk around your local area. Can you spot a dog? A train? A cyclist?
A jogger? A bus?

Be active

Time yourself!
How many star jumps can you do in a minute?

Special time

Do something kind to make someone smile.

Be active

Go for a safe walk outdoors with your family.

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.