

## Motivating Monday

Start your day with a Joe Wicks workout. (You tube)

Go for a walk with your family and see what you can find along the way. Can you notice any changes in the environment?

## Talking Tuesday

Start your day with Cosmic Kids Yoga. (You tube)

Set up a video call with your family or friends and play a game such as Charades .

## Wellbeing Wednesday

Start you day with a Joe Wicks workout. (You tube)

Think about what makes you special. Everyone has things that make them special these may include being a good friend or a good listener. Write a poem about why you are special.

## Wellbeing

18/1/21

KS2

## Thoughtful Thursday

Start your day with Cosmic Kids Yoga. (You tube)

Draw a picture or make a card for a friend or family member that you miss such as you Grandparents, then you could post it to them.

At this strange and difficult time it is more important than ever to look after your wellbeing. It is normal at this time to feel sad, lonely and scared. Covid-19 has impacted on our usual coping strategies and we may need to be more creative than ever. This sheet provides you and your family with some activities you can complete each day to look after your wellbeing!

## Fitness Friday

Start you day with a Joe Wicks workout. (You tube)

Play follow the leader. Take turns being the leader and encourage your family to get active by hopping, skipping, crawling, and dancing.