

## Motivating Monday

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

Wrap up nice and warm and go for a walk, bike ride or on your scooter. Can you spot any early signs of spring?

## Talking Tuesday

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

Make up a quiz for your family it can be on a subject of your choice. Hold a family quiz night.

## Wellbeing Wednesday

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

Think about what you are good at. Everyone has things that they are good at. Draw a picture of yourself and write what you are good at.

## Thoughtful Thursday

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

Write a letter to a friend or family member, telling them about things that you have been doing lately. Could you include some photos or draw a picture for them?

## Wellbeing

22/2/21

EYFS/KSI

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.