

Motivating Monday

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

Wrap up warm and get outside for a walk, bike ride or on your scooter. Can you complete the daily mile at home?

Talking Tuesday

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

Set up a Scavenger Hunt for your friends. Challenge them to find certain items around their house.

Wellbeing Wednesday

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

Have some calm time. Listen to some relaxing sounds such as rainfall, beach sounds or sounds in the rainforest.

How do these sounds make you feel? Can you create some art to represent how the music makes you feel?

Wellbeing

8/2/21

KS2

Thoughtful Thursday

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

Make a friendship bracelet using some wool, beads and other small items. You could colour some pasta using paint and use this to make a bracelet or a necklace for a friend.

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 balloon tennis. Use your hands as bat or make a bat using a plate and a stick and a balloon as a ball. Try to keep the balloon off the ground.