

Motivating Monday

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

Make up an exercise or dance routine and teach it to your family, You could do it to music.

Talking Tuesday

Start your day with Cosmic Kids Yoga. (You tube) Set up a phone call with a friend or someone in your extended family.

Wellbeing Wednesday

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

Create a feelings diary and each day record how you are feeling. Remember to speak to your family about how you are feeling.

Wellbeing

12/4/21

Thoughtful Thursday

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

Using an empty jar, cup or box create a Gratitude Jar and think about different people, things, and events you are grateful for. Write or draw what you are grateful for and place them inside a Gratitude Jar.

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)

Put on your favourite music, crank up the volume and have a dance party. For extra fun, turn out the lights and add some fun lighting such as a disco ball or glow sticks.