

Motivating Monday

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

Go for a walk or run. Can you spot any signs of spring on your walk?

Can you complete the daily mile at home?

Talking Tuesday

Start your day with Cosmic Kids Yoga. (You tube) Have a phone or video call with an extended member of your family and tell them all about your first week back in school.

Wellbeing Wednesday

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

Complete a “random act of kindness” by doing something nice for your friend or someone in your family.

Wellbeing

15/3/21

Thoughtful Thursday

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

Write a letter to a friend, telling them about things that have been going well for you recently. Could you include some photos or draw a picture for 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)

Can you make up an exercise for each letter of the alphabet?

Spell out yours and your families names using the exercise alphabet.