

## Motivating Monday

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

Get outside and go for a walk, run, bike ride or on your scooter.

Can you complete the daily mile this week?

## Thoughtful Thursday

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

Ask a family member to draw around you and write inside all the things they love about you. Now you can have a go at drawing around a family member and writing inside what you love about them.

## Talking Tuesday

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

Phone a friend or a family member and have a catch up. You could play Who am I? Think of three clues and see if your friend can guess who you are.

## Wellbeing

1/3/21

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!

## Wellbeing Wednesday

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

Sunny Smiles

What makes you smile?

Draw a sunshine shape and give the centre of the sunshine a smiley face and then write all the things that make you smile in each ray of the sun.

## Fitness Friday

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

Roll a dice workout—think of an exercise to do for each number e.g. if you roll a six you do ten star jumps. If you roll a one, run on the spot for a minute.