

Motivating Monday

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

Make time today to do some exercise this could be a walk, run, bike ride or a yoga video. Exercising has been proven to benefit our mental health.

Talking Tuesday

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

Phone a friend or a family member and have a catch up.

Wellbeing Wednesday

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

Can you send a friend or a family member a compliment slip e.g. you have a wonderful smile.

Wellbeing

26/4/21

Thoughtful Thursday

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

Can you decorate a pebble or a stone and leave it in your local park for someone to find?

It may make someone smile.

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)

Using a balloon and your hands—play balloon tennis. Who can keep the ball off the floor the longest?