

Motivating Monday

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

Get outside after school and go for a walk, run or bike ride. Can you complete the daily mile this week?

Talking Tuesday

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

Make up a quiz for your family it can be on a subject of your choice. Hold a family quiz night.

Wellbeing Wednesday

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

Make a 'Fab File' to collect work and pictures that you are proud of, certificates that celebrate your achievements and cards from people that you care about. You could then look at it whenever you might be feeling low.

Wellbeing

3/5/21

Thoughtful Thursday

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

Make a certificate for a friend or family member to celebrate one of their special qualities or an achievement.

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)

Talk about the benefits of being active with your family and friends. Could you plan a sporting event for everyone to get involved in?