

Wellbeing Wednesday



Our Wellbeing Wednesday is all about doing things that bring enjoyment and happiness for the entire day! Please choose a few of these activities to do with your siblings or altogether as a family.

Exercise

- Joe Wick's PE workout at 9am
- [GoNoodle](#)
- Skipping, cycling, dancing, going for a walk, playing in your garden



Art

- 'Draw with Don' YouTube channel (example here: [How to Draw a Butterfly](#))
- 'Art Hub series on YouTube (examples: [How to Draw a Shark Folding Surprise!](#) / [A Realistic Lion](#))
- Mindfulness colouring – [examples here](#)
- Free drawing
- Junk Art



Gardening

- Pull weeds
- Water flowers
- Plant new flowers



Skills / Talents

- Learn to juggle
- Do a magic trick
- Write a play, a poem or a story
- Knitting or sewing
- Baking – [easy recipes to try to make delicious treats!](#)

[Learn to juggle Step by Step](#)



Television

- Favourite movie/ T.V programme
- Nature programmes eg. David Attenborough's Blue Planet



Meditation

- Headspace for kids (app)
- Cosmic Yoga on youtube (example: [Harry Potter and The Philosopher's Stone | Cosmic Kids](#))
- Read for pleasure
- 'Spark joy!' and organise possessions (eg. toys, clothes..)



Games

- Board games (eg. Scrabble, Articulate, Headbands...)
- Cards (eg. Snap, Go Fish, Solitaire...)
- Pen and paper games (eg. X's and O's, Stop the bus...)
- Music games (eg. Karaoke, Musical statues..)
- Outdoor games (eg. Obstacle course, football..)



Music

- Listen to different genres or decades of music
- Strictly Come Dancing: Pick a song & prepare a dance routine
- Learn a new song
- Listen to your favourite music



Lots more wellbeing activities & resources can be found on our website: [Wellbeing Resources & Activities](#)



Activities

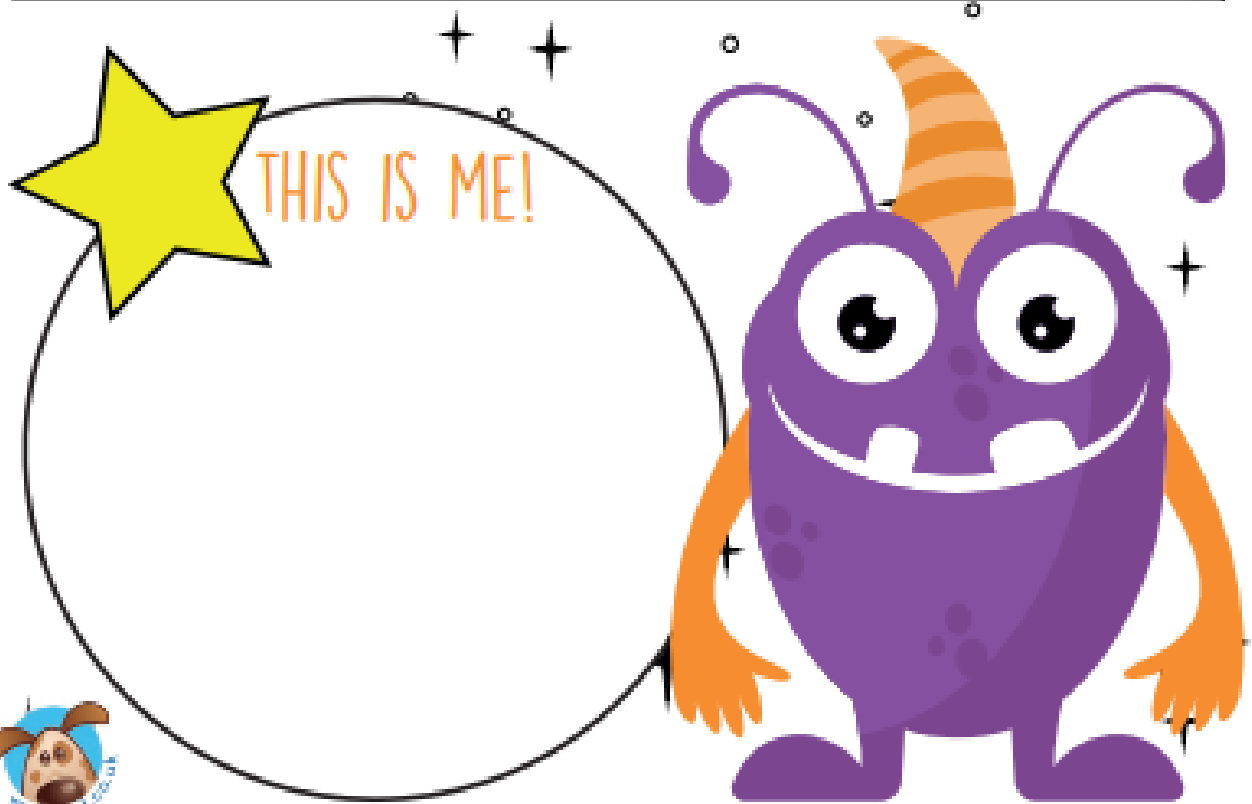


Choose a few of the activities below to complete today. You don't have to use a printer – recreate the activities in your copy or on a blank page if you like! 😊

BE PROUD OF YOURSELF!

#WellbeingWednesday

TWO THINGS I AM PROUD I CAN DO:



DON'T WORRY ABOUT IT!

#WellbeingWednesday



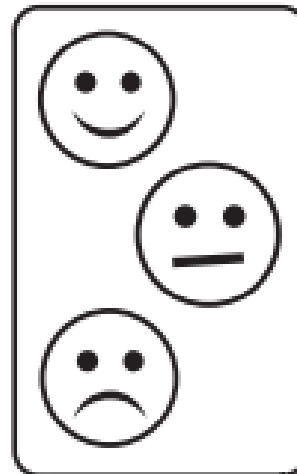
TALKING TO OTHERS
CAN HELP WITH
YOUR WORRIES



DRAW YOUR WORRY
FLOATING AWAY



HOW DO I FEEL TODAY?



★ TAKE TIME TO BREATHE!

THINGS I CAN CONTROL...



THINGS I CAN'T CONTROL...



INHALE



EXHALE

I CAN CONTROL
HOW I TREAT
OTHERS



I CAN CONTROL
MY OWN
BEHAVIOUR



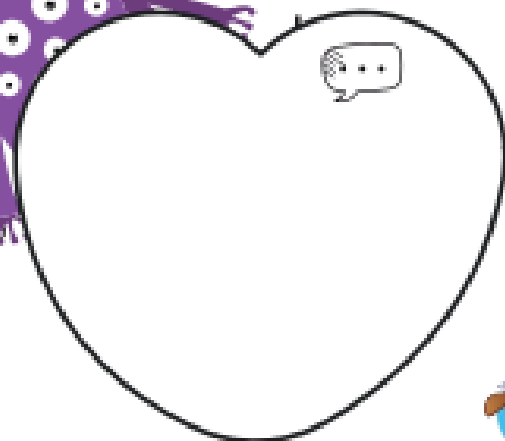
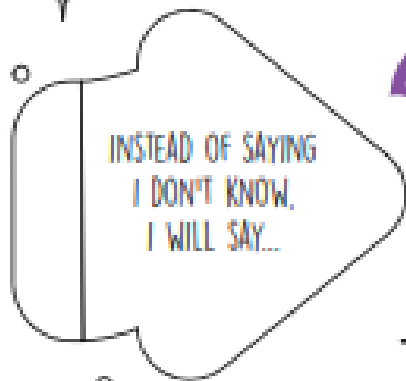
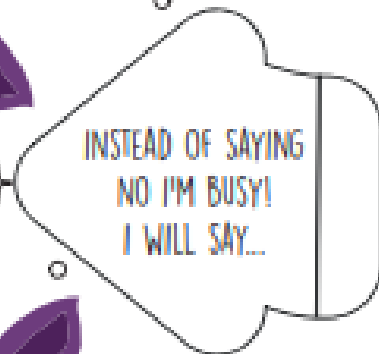
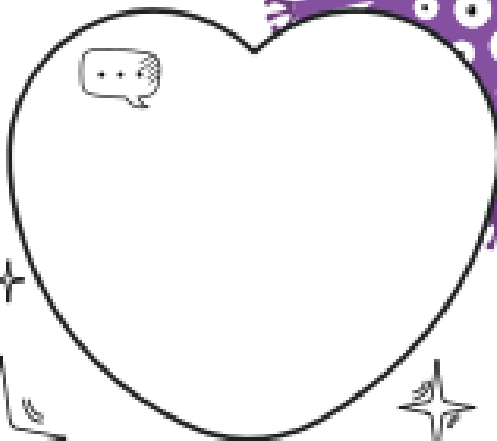
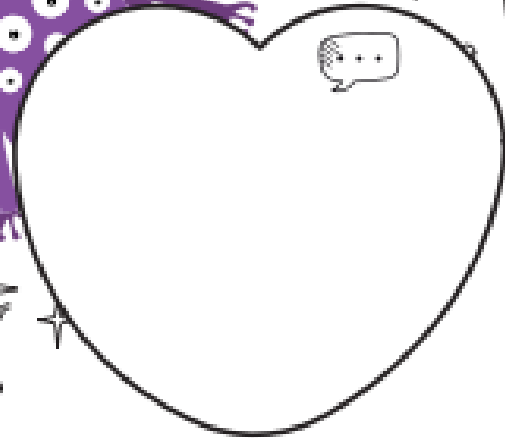
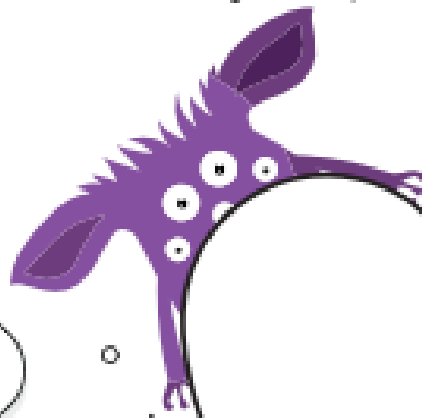
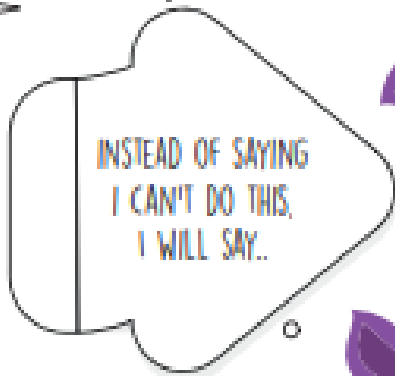
THE WEATHER
CANNOT BE
CONTROLLED



WHAT OTHERS
THINK OF YOU
CANNOT BE
CONTROLLED

NOBODY IS PERFECT!

○ #WellbeingWednesday



WE ALL NEED A FRIEND

#WellbeingWednesday



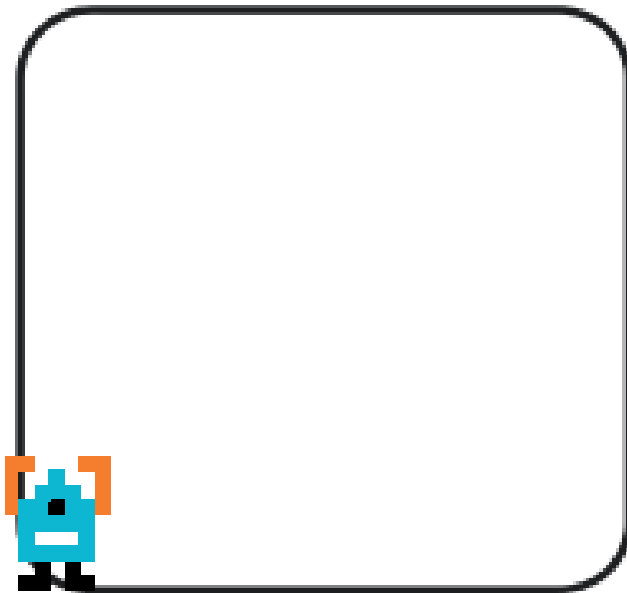
FRIENDS ARE IMPORTANT BECAUSE...



MY FRIENDS
ARE GREAT!



WE CAN BE A GOOD FRIEND BY...



STAR QUALITIES
OF A GOOD
FRIEND



SOMETIMES ALL IT
TAKES TO MAKE
A NEW FRIEND IS
A SIMPLE
HELLO!

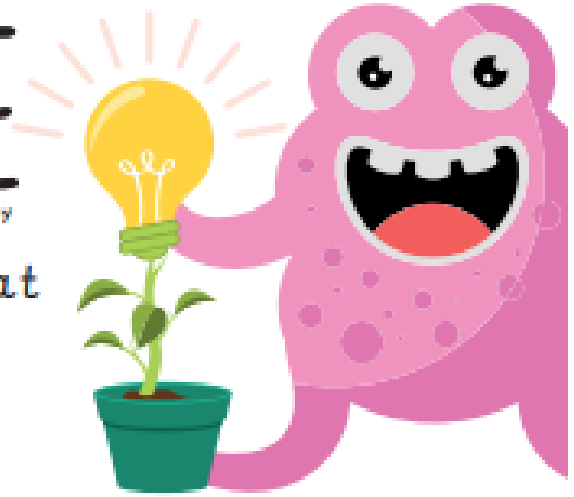


BE CREATIVE

#WellbeingWednesday

Create an invention that
everybody would love!

MY INVENTION IS...

A large empty rectangular box with a black border, intended for drawing or writing. In the bottom left corner, there is a small icon of a paper airplane. In the top right corner, there are two hanging lightbulbs.

FOCUS YOUR MIND

#wellbeingWednesday

FOCUS ON YOUR SURROUNDINGS BY USING YOUR SENSES



WHAT DO YOU SEE?



WHAT CAN YOU HEAR?



WHAT CAN YOU TOUCH?



WHAT CAN YOU SMELL?

USE THIS TECHNIQUE
WHENEVER YOU NEED
TO TAKE A MOMENT
TO CALM DOWN

HAVE A WHALE OF A TIME

#WellbeingWednesday

CAN YOU LIST
ACTIVITIES IN THE BUBBLES,
THAT MIGHT RELAX YOU?

DRAW YOUR FAVOURITE ACTIVITY IN HERE!

AAAAAH OOOOHH

EEEEAAH OOOOHH

