

Outdoor Activity

Create an outdoor obstacle course with your family and have an egg and spoon race around it. You could use a peb-



Mindfulness

Close your eyes and think about how you are feeling. Happy?, sad?, mad?, scared?, excited?

Think about you know



how you



Sit cross legged with your hands on your knees. Inhale, arch your back and look up. Exhale, round your back and look up.

Repeat 7 times breathing each shade of the rainbow...red, orange, yellow, green, blue, indigo, violet.

Rainbow breathing cleanses and bright-

Wellbeing Activities!

Be Creative

Create a happy jar. Write down things that make you happy and some positive thoughts. Fold them up and place them in the jar. When you are feeling



Spread Joy and Happiness

Make some bunting and write kind messages on it. You could hang it in your window for passers by to see!



SUN
Arms straight, raise them over your head as you inhale. Then exhale as you bring your arms back down.

BUTTERFLY
Sit on the floor. Place the soles of your feet together. Rest your hands on the tops of your feet. Sit up straight.

TREE
Place your heel on the side of your leg and place your palms together in front of your chest. Switch sides.

STAR
With legs set apart, reach your arms out to your sides as wide as you can.