



Health and Wellbeing- Feel Good Friday!



Well done on completing another week of home learning everyone.

Your Health and Wellbeing activity this week is going to be fun... it's called Feel Good Friday!

Please pick 3 of the “feel good” activities to complete from the list below. They are designed to boost your mood and make you happy. The things written in blue are ways to level up the activities!

- put on your favourite song and dance, make up a routine
- have a tasty snack, bake or cook your snack
- go out for a walk or jog, choose a different route than you usually do
- play with your pet, set up an obstacle course for your pet
- read some of your favourite book, read it to a family member
- play a board game with someone at home, make your own
- watch an episode of your favourite T.V programme
- play outside with someone in your family
- draw, paint or craft something, check the blog for craft ideas
- phone or Facetime a friend or family member for a chat
- give a family member a makeover, try to master french pleating
- play a sport with your family, come up with a family team name
- listen to some music, make a playlist of your favourite songs
- create something using Lego, try Rhys's challenges on the blog
- do an online yoga video
- do some wildlife spotting in your garden or when you are out walking, identify all of the different species that you see
- make a paper airplane, challenge your family to a distance race

If you want to complete more than 3 activities then go for it! Also, if you have some “feel good” activities of your own then do them too- share them with us on the blog.

Tell us about your Feel Good Friday on the blog. Have fun!

