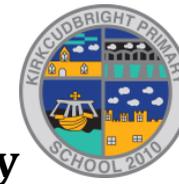




Kirkcudbright Primary School – Wellbeing Wednesday



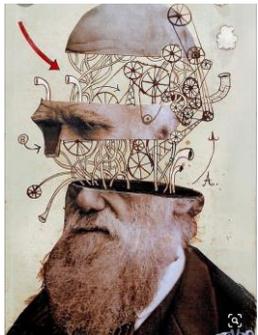
Note to parents: the following activities are designed to help children engage in tasks that will help them take stock, giving them an opportunity to think about how they are feeling, the importance of appreciating the environment around them and ideas on how to take care of themselves mentally and physically. They are intentionally screen free and can be talked about in advance to ensure a nice relaxing, simple and calm day at home. It's up to you how you use it, let children pick one activity or more if time allows, you can even let them use it when they have some spare time. If you would like to share your child's learning with the school community then please email photos of their day to: gw08davidcatherine@ea.dumgal.sch.uk

Celebrating you!

I can, I have, I am - let's look for the positives. Write a statement for each e.g. **I have** people around me I trust and who love me, **I am** a good friend, **I can** ask for help when I need it. Write 2 or 3 statements per sentence starter.

Things to look forward to jar - get an old jar and write all the things that you are looking forward to doing in the next day, week, month and year on a piece of paper. Fill it up with all the adventures that are to come.

Head Collage – draw a picture of yourself or even find an old photograph and surround it with drawings, magazine/newspaper clippings of the things/people/places that make you happy. You could fashion them into a hairdo or even have them popping out of your head!



Helping and appreciating others

Perform a random act of kindness – an act of kindness can have a huge impact on someone's day. How about:

- Sending a card or letter to someone that you think needs a wee boost
- Help with a household chore
- Donate to a local food bank
- Write a joke or something motivational with chalk on the pavement outside your house

I can't wait to see what you think of!



Stay Connected

Keeping in touch – keeping in touch with family and friends is really important and can boost your spirits and theirs. Is there someone you could get in touch with and ask how they are? Perhaps a family member or a classmate?

You could share with them what you have been learning, write them a letter or a poem, draw them a picture or send a photo.

(Please do remember if you are contacting a classmate, this should be done through Microsoft Teams)



Healthy bodies

-The Daily Mile – Have you been keeping up with your daily mile? If not then this is your chance, got for it!

-The 100 Challenge – do 10 things 10 times for example; 10 sit ups +10 star jumps + 10 deep breaths + 10 press ups +10 skips + 10 hops + 10 arm circles + 10 squats + 10 dance moves + 10 lunges= 100! You don't have to do them all at once, spread them through out the day

-Go a walk - perhaps you could ask a parent to take you somewhere you have never been before in Kirkcudbright e.g. the Buckland, Dee Walk, the squirrel hut, the Castledykes, down the Isle?

-Healthy eating - help a parent to bake/prepare a healthy meal or snack



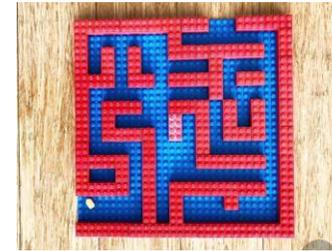
Be Creative

Making time for creative activity is really important for health and wellbeing and most importantly it can be fun!

Think of something wonderful to do; build it, make it, design it, enjoy it.

Make a puzzle, junk model, learn a new skill, learn a poem, make up a dance, make a small world for toys, try origami, make a Lego maze.

Remember to be responsible with materials and don't leave all the tidying up to someone else.



Lastly.....find a way to relax at the end of the day

You've had a busy day now time to rest the mind and body, gearing up for a good night of sleep.

Here are some ideas;

- Run yourself a bath, put some bubbles in it and have a good soak
- Read a book in a cozy nook or den
- Try some yoga
- Have a mug of warm milk and listen to some classical music