**READING (aim for 20 minutes at least)**

Choose from:

* read something of your choice on your own
* read with someone – taking turns
* read using BugClub

Inert date

Your Daily Dose of Happy Chemicals.

Dopamine, Oxytocin, Serotonin, Endorphins

**Do as many of these activities as you can:**

|  |  |
| --- | --- |
| belly breathing |  |
| draw/colour |  |
| go for a walk |  |
| cuddles |  |
| complete task list |  |
| cuddles |  |
| massage |  |
| listen to music |  |
| spend time outdoors |  |
| chat |  |
| yoga |  |
| cuddles |  |
| smile and laugh |  |
| say thank you/show gratitude |  |



**GAMES**

Uno Connect 4

Trivial Pursuit Cards

SCHOOL ACTIVITIES

FOCUSING ON LISTENING, READING, TALKING, HEALTH AND WELLBEING.

OTHER ACTIVITIES

* practice guitar
* Cubs activities
* Lego
* Screen Time