

Wellbeing Grid

Drawing

Try a guided drawing.



Yoga

Complete a Cosmic Kids Yoga of your choice.

<https://www.youtube.com/user/cosmickidsyoga>



Dance

Create a dance to your favourite song.



Cloud watching

Take some time out of your day to watch the sky and the clouds. Record the different shapes of clouds you see.

Cooking

Help your parent/carer cook dinner and share the recipe or photos with your teacher.



Origami

Create some amazing origami using the materials you already have at home. How many interesting things can you make?



Be kind

Show a random act of kindness with a member of your household and record your feelings after you have completed it.



Relaxation Walk

Go on a walk around your neighbourhood for at least 30 minutes and take in your surroundings.



Connect with others

Keep in touch with either a family member that doesn't live with you or a friend from school. You might like to write a letter to them.

