



First Level Health and Wellbeing

Complete a 5-minute relaxation video. See Cosmic Kids on YouTube for ideas!	Complete mindfulness colouring for 10 minutes. Record how you feel before you start and after you do it using an emoji.	Listen to relaxing music and imagine you're in your favourite place, use your senses. What do you see, hear, smell, touch?	Set yourself a goal to achieve in 2025, e.g. do a handstand, learn your 8 times table etc.
Write a thank you card to a hero in society (e.g., nurse, firefighter, doctor).	Help your adult do a chore around the house (cleaning, make your bed, hoover etc).	Write a note of kindness to your class that can be shared on SeeSaw. It may mention what you like about the people in your class and what you are thankful for.	Create a poster showing the importance of good handwashing.
Come up with four rules about keeping yourself safe at home – e.g. when using the kettle.	Create a fitness circuit of at least 5 different exercises. Remember to warm up first. How long do they spend at each circuit? Or will you aim to beat the time with a set number at each station?	Help somebody in the family make a meal or food and share a picture on Seesaw.	Write a message, create a gift or give something to someone in your house to show your appreciation. Remember to give it with a smile! Or you could hide it for them to find...