

|  |  |
| --- | --- |
| **Breathe** | **Relax** |
| FInd a calm and relaxed area in your home. Follow this video for some breathing exercises <https://www.youtube.com/watch?v=O29e4rRMrV4>Free Breathe Cliparts, Download Free Clip Art, Free Clip Art on ... | C:\Users\StaffUser\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7C4AF858.tmpCreate a pillow fort in your living room or bedroom (ask your parents first!). Create a calm and cosy atmosphere using cushions and blankets and spend time in their reading a book or listening to an audio book |
| **Help**  | **Exercise**  |
| Spring cleaning at this time of year can help to lift our moods! Help out your parents/carers by tidying up your bedroom, offering to help wash up or even hoover the carpets.C:\Users\StaffUser\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\F3C86F00.tmp | Go out into the garden and enjoy the sunshine. Could you set up an obstacle course for your family to play on? As part of your daily exercise take a walk with your family to spot examples of new life in the spring. C:\Users\StaffUser\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\76505DB7.tmp |
| **Connect** | **Make** |
| Connect with somebody who you are currently unable to see. Write a letter or draw a picture to post to a friend or family member. Perhaps you could tell them what you saw on your spring walk?Letter clipart love letter, Letter love letter Transparent FREE ... | Thrifty Valentine's Day Gift Ideas: Jar of Love | Jar of hearts ...Create a jar of happy thoughts. Spend time making and decorating your jar. Each day, add a piece of paper with a happy thing that has happened to you during the day. When you are feeling down, you can take one out and read it to help cheer you up. |

**Wellbeing at Home**