**Health & Wellbeing Home learning Task First Level**

**L.I. - I can self-care.**

It’s super important to look after ourselves. Self-care is one of the best ways for us to stay healthy.

Over the next two weeks pick one of the following tasks to do each day, or come up with one of your own!

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| Take a Nap | Stay Hydrated | Read a Book | Limit news exposure to Newsround 9.15am, 12.10pm & 4pm |
| Make Art | Set a bedtime and stick to it! | Listen to music | Play a board game |
| Set a Morning Routine | Learn a dance | Call a friend | Complete a chore! |