**Health and Wellbeing**

Here is a pick and mix of activities for you to dip into.

Have a check in – talk over how you are feeling or you may wish to keep it in a journal. It’s good to talk and share.





**Perhaps try something new?**

Listening to music can help lift a mood, calm you down or make you feel full of energy.

Experiment in making your own music

<https://musiclab.chromeexperiments.com/>

Computer programming take your fancy?

<https://scratch.mit.edu/>

Relax your body and mind

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

Thinking about others

**Little acts of kindness**

**Make a card for a neighbour.**

**Help someone in your house to tidy up.**

**Send a nice text to someone.**

**Tell a joke to make someone smile.**

**Offer to do a helpful job in the house.**

**Give a friend a compliment.**

**Draw a cheerful picture to put in the window**

**Read a story to someone you love.**

**Outdoors?**

