

Calming Ways to start your Day!

- Take part in the RSPB Breakfast bird watch,
Technology option: watch the live stream on https://twitter.com/Natures_Voice
Technology free option: sit for 15 minutes in your own garden and record by writing a list or drawing pictures the different birds that you see.
- Join in with Joe Wicks HIIT routine,
Take part in a cosmic kids guided meditation (you tube)
Take part in a Go Noodle challenge
https://family.gonoodle.com/?show_user_type_select=true
- **Book Breakfast** - choose your favourite book and enjoy reading it while you have your breakfast.

