

# 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](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](https://family.gonoodle.com/?show_user_type_select=true)
- **Book Breakfast** - choose your favourite book and enjoy reading it while you have your breakfast.

