

Daily wellbeing ideas



Choose a different one each day to promote your wellbeing.

1	Really Listening. Find somewhere very quiet and make yourself comfortable. Close your eyes and listen very carefully for any noises you can hear for one minute. After one minute open your eyes and write down anything that you heard.
2	I can be proud of myself! How many 'I can...' sentences can you complete? Try to find at least 10 different ways you can finish the sentence.
3	Bumble Bee breathe. Open your hands out with your palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through your nose and breathe in. Count silently for 1,2,3,4,5. Exhale slowly through your mouth and make a humming sound like a bee. Count silently 5,4,3,2,1 and repeat.
4	I can fly! Pretend to fly like each of these things: a kite; a bumble bee; an aeroplane; an eagle; a butterfly. What other ways can you find to fly?
5	Give me 5! Think of 5 things that make you happy and make you laugh.
6	Balance break. Balance a pencil on your index finger and walk around the room. How long can you balance it for? Challenge yourself to increase your time.
7	Talk your pencil for a walk. Keep your pencil on the paper and doodle as you breathe. What did you draw?