Daily wellbeing ideas – 20th April 2020



Choose a different one each day to promote your wellbeing.

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| 1 | Bubble Breathe  Breathe in deeply for 1,2,3,4,5 and form a bubble in your mouth, ensuring that your cheeks are puffed out. Blow your bubble out slowly 5,4,3,2,1 and watch as your bubble floats away. Repeat. |
| 2 | I am proud of myself!  How many ‘I am…’ sentences can you complete? Try to find at least 10 different ways you can finish the sentence. |
| 3 | My happy place  Think about a happy place. What can you see, hear, smell, feel and taste? Draw a picture of this place including as much detail as you can. |
| 4 | Buddy breathing  Lie on your back and put your teddy on your tummy. Watch how your teddy moves with each deep breath. |
| 5 | Give me 5!  Think of 5 things that you could do today to make someone smile. |
| 6 | Glitter Jar  Create a mindful glitter jar. Fill and empty bottle or jar with water and sprinkle in some glitter. If you can’t find glitter you can use small beads or a mixture of food colouring and oil. Shake the jar and take time to watch how the glitter swirls then sinks to leave the water clear. |
| 7 | Scavenger Hunt  Find something in your home that represents the letters in your name.  Eg  N - newspaper  A – apple  M- mug  E- egg |