

## Daily wellbeing ideas – 27<sup>th</sup> April 2020



Choose a different one each day to promote your wellbeing.

1	<p><b>Tense and Release</b> Find somewhere to lie down, be still and relax. Starting at the feet, slowly tighten the muscles, hold and release. Next squeeze the muscles in the calves and continue working up the body.</p>																										
2	<p><b>Give me 5!</b> Can you think of 5 things you can do to be helpful to someone today?</p>																										
3	<p>Where would you like to go on holiday? What can you see, hear, smell, feel and taste? Draw a picture of this place including as much detail as you can.</p>																										
4	<p>Find a cosy corner and build a reading den. Snuggle up with a blanket and your favourite toy and read a story.</p>																										
5	<p>Listen to your favourite song. Can you draw a picture that would 'illustrate' your song?</p>																										
6	<p>Spell your name using the different exercises</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">A: 10 Jumping Jacks</td> <td style="width: 50%;">N: 4 Lunges</td> </tr> <tr> <td>B: 30 Second Plank</td> <td>O: 3 Burpees</td> </tr> <tr> <td>C: Crab Walk</td> <td>P: 10 Second Butterfly</td> </tr> <tr> <td>D: 10 Push Ups</td> <td>Q: Run in Place 1 Min</td> </tr> <tr> <td>E: 10 Sit Ups</td> <td>R: 7 Jumping Jacks</td> </tr> <tr> <td>F: 5 Cartwheels</td> <td>S: 4 Leg Kicks</td> </tr> <tr> <td>G: Headstand</td> <td>T: 5 Sit Ups</td> </tr> <tr> <td>H: 4 Somersaults</td> <td>U: 15 Second Plank</td> </tr> <tr> <td>I: Duck Walk</td> <td>V: 3 Cartwheels</td> </tr> <tr> <td>J: Jump In Air 5 Times</td> <td>W: Crab Walk</td> </tr> <tr> <td>K: Touch Toes 6 Times</td> <td>X: 2 Somersaults</td> </tr> <tr> <td>L: Spin Around 3 Times</td> <td>Y: 5 Lunges</td> </tr> <tr> <td>M: 10 Leg Kicks</td> <td>Z: Duck Walk</td> </tr> </table>	A: 10 Jumping Jacks	N: 4 Lunges	B: 30 Second Plank	O: 3 Burpees	C: Crab Walk	P: 10 Second Butterfly	D: 10 Push Ups	Q: Run in Place 1 Min	E: 10 Sit Ups	R: 7 Jumping Jacks	F: 5 Cartwheels	S: 4 Leg Kicks	G: Headstand	T: 5 Sit Ups	H: 4 Somersaults	U: 15 Second Plank	I: Duck Walk	V: 3 Cartwheels	J: Jump In Air 5 Times	W: Crab Walk	K: Touch Toes 6 Times	X: 2 Somersaults	L: Spin Around 3 Times	Y: 5 Lunges	M: 10 Leg Kicks	Z: Duck Walk
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7	<p><b>Scavenger Hunt</b> Find something in your home that starts with each letter of the alphabet.</p>																										

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