

## Daily wellbeing ideas - Week beginning Wednesday 6<sup>th</sup> May



Choose a different one each day.

1	<p><b>Breath Star</b></p> <ol style="list-style-type: none"><li>1. Spread one hand out like a star.</li><li>2. Use the index finger on your other hand to trace the outline of your star hand.</li><li>3. Take a deep breath in as you move your tracing finger to the top of your thumb.</li><li>4. Breathe out as you move your tracing finger down between your thumb and first finger.</li><li>5. Take another breath in as you move to the top of your first finger.</li><li>6. Breathe out as you move down between your first and second fingers.</li><li>7. Continue this pattern, tracing each of your fingers until you have taken five slow, deep breaths.</li><li>8. Repeat on the other hand.</li></ol>
2	<p><b>Feel cosy!</b></p> <p>Think of 5 ways you can make yourself feel cosy. These could include:</p> <ul style="list-style-type: none"><li>Cuddling your favourite teddy</li><li>Wrap yourself up in a blanket and listen to the sounds of rain on youtube.</li><li>Hide under your duvet and read a story with a torch.</li><li>Have a milkshake or hot chocolate.</li></ul>
3	<p><b>I can move!</b></p> <p>Pretend to move like each of these animals: a snake; a butterfly; a penguin; a monkey; a shark. What other animals can you think of?</p>