


Daily wellbeing ideas - Week beginning Tuesday 19th May



1	<p>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?</p>
2	<p>SENSE COUNTDOWN</p> <ol style="list-style-type: none">1. Sit or stand straight and still. Close your eyes or look downward.2. Take three deep breaths in and out.3. Open your eyes.<ul style="list-style-type: none">- Notice five things you can see.- Notice four things you can touch.- Notice three things you can hear.- Notice two things you can smell.- Notice one thing you can taste.
3	<p>Sock puppet Do you have an old sock lying around? Create your own sock puppet and use it to retell a story.</p> 
4	<p>Breathe Boards Practice each breathe board by following the lines with your finger as you breathe in and out. Use the pictures of the breathe boards below and repeat three times.</p>

