



## Daily wellbeing ideas – week beginning 8<sup>th</sup> June



Choose a different one each day to promote your wellbeing.

|   |   |
|---|---|
| 1 | <p>Talk your pencil for a walk.<br/>Keep your pencil on the paper and doodle as you practise taking deep breaths. What did you draw?</p>  |
| 2 | <p>Create a stone pet!<br/>Have a look for an interesting stone to decorate. You could name your 'pet' and maybe even have a stone pet family!</p>  |
| 3 | <p>Create your own exercise routine and teach it to someone in your family.</p>   |
| 4 | <p>Design and create an inspirational message and put it in your window for all to see.</p>    |
| 5 | <p>Give me 5!<br/>Think of 5 things, experiences or times that you felt really happy at school. Think about all the areas of school you spend time eg your classroom, the playground, the field, the MUGA pitch etc.</p>              |