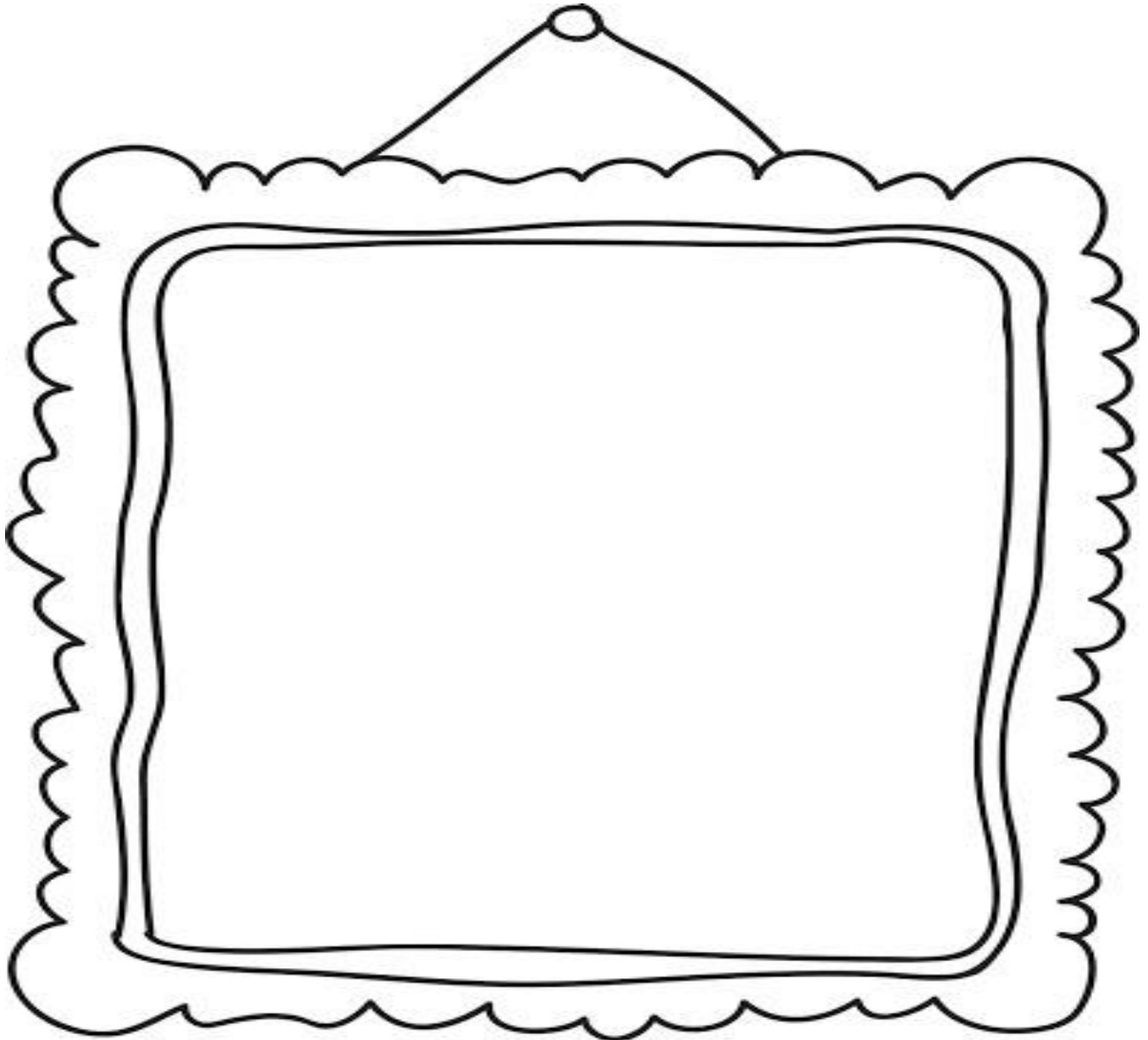


This is your last week of Wellbeing Activities, I hope that the activities may have helped your child to cope with being at home in these strange times.

Mrs Dook

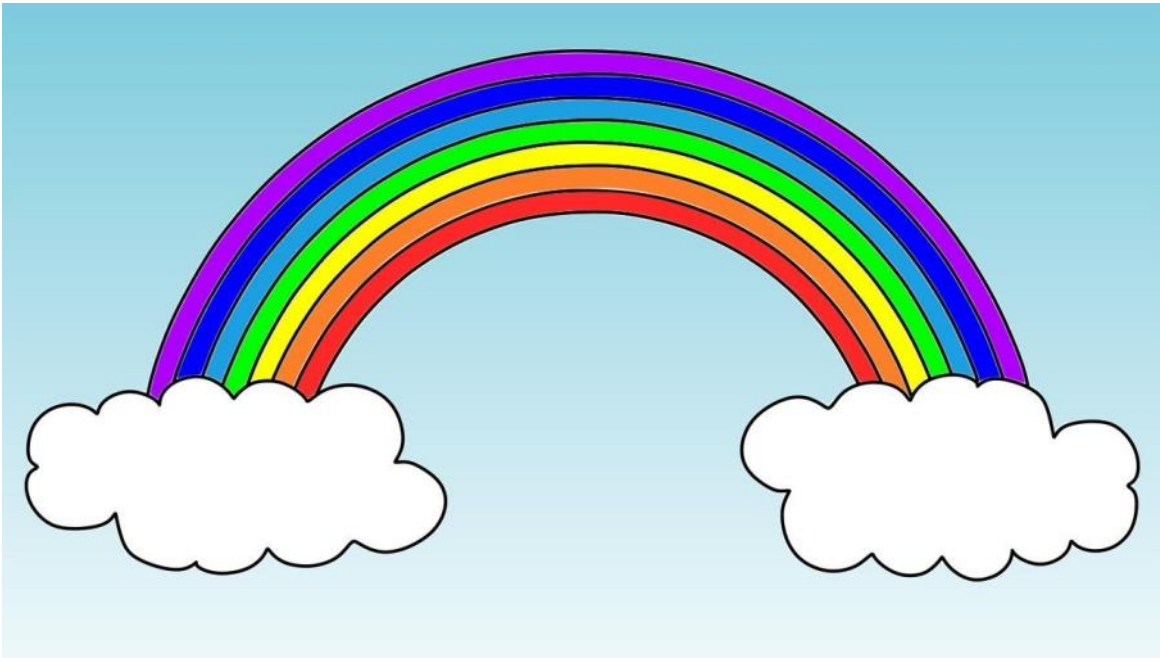
Monday

Think about a happy memory, it could be from lockdown or from before. You could choose a family day out, time spent with friends, a time something special happened or just a moment when you feel your happiest, such as reading a book or doing some sport. Draw the memory in the frame below and put a short caption.



Next time you are feeling worried , try thinking about this memory instead and picture it in your mind.

Tuesday

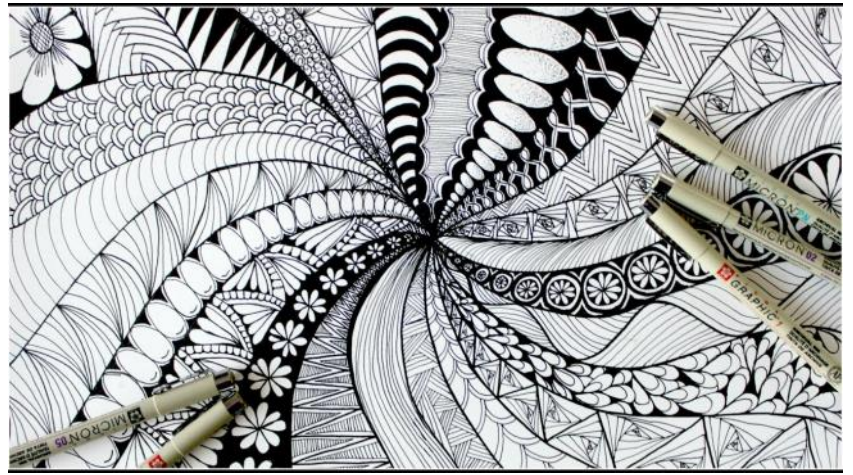


Rainbows always make us feel good. What would you like to find at the end of this one?

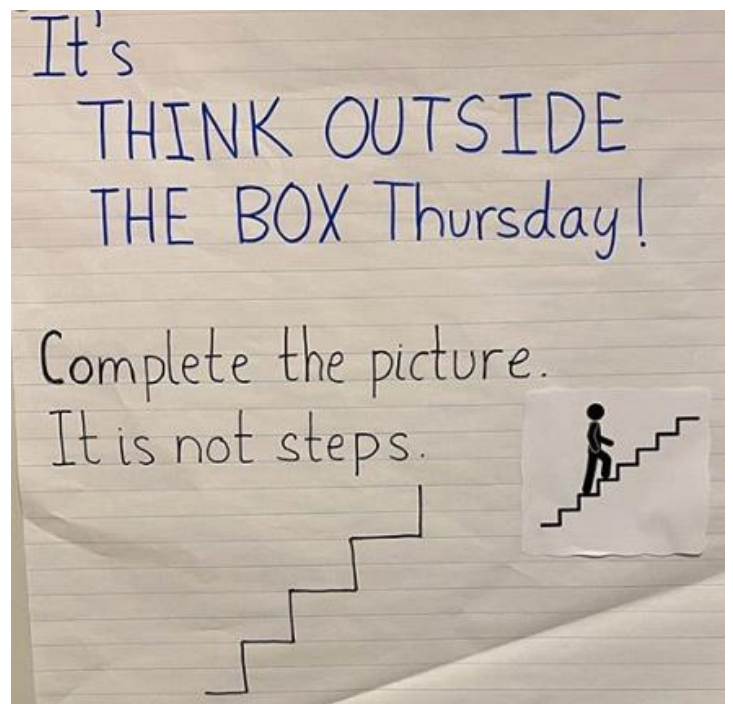
Wednesday

Ditsy Doodle

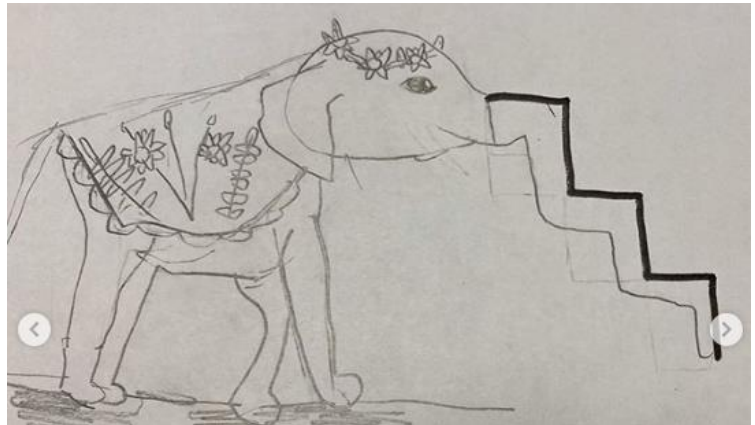
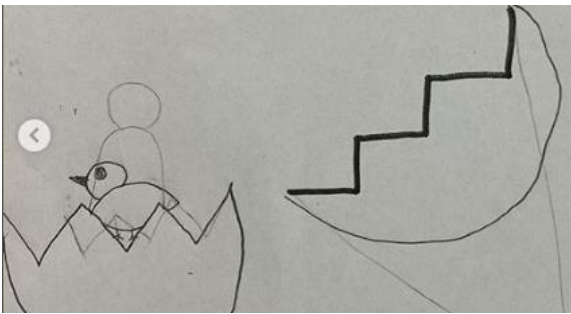
Let your pencil take you on a journey around your page into all shapes and patterns, don't think about it, just let your hand do the work!



Thursday



Examples



Friday

Try this belly breathing activity...



<https://www.youtube.com/watch?v=RiMb2Bw4Ae8>