

Wellbeing Wednesday!

Choose an activity that you would enjoy!... Or do as many as you like! Have some fun! :)



Design, make or colour your own worry catcher to hang up in your bedroom!

Snuggle up on the sofa and watch a film!



Video call your friend or family and have a big long chat!



'It's good to talk!'

Listen to some music... sing your heart out and dance around the room!



Tidy or organise your bedroom!
Tidy space means a tidy mind!

Do some arts and crafts. Share with us what you create!



Design a game that you can play with your family and friends...
Then play it!

Write a letter for your friend letting them know how amazing they are!



Wrap up warm and lay on the ground outside. What can you see in the clouds?

Have a long relax or play in the bath... maybe even add some bubbles!



Exercise!.. Maybe go for a long walk, bounce on your trampoline, or go for a run with an adult.

Put on some calming music and do some mindfulness colouring.

