

Activity 1

Take a deep breath and raise your hands above your head like a rocket. As you slowly breath out let your hands float down

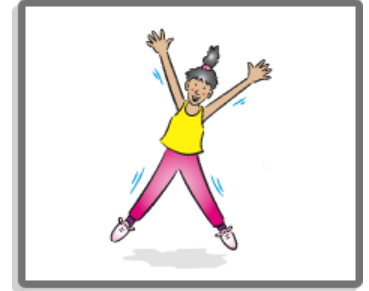


Activity 2

Do jumping jacks for one minute then sit comfortably on the floor.

How does your body feel?

How fast is your heart beating?



Wellbeing Activities

Activity 3

Work with a partner or group and take it in turns to say objects around you that make you smile.

Now say why that object makes you happy.

'I like the family picture because we are all smiling.'



Activity 4

Go for a walk somewhere that you know well and try to find 3 new things.

It could be something new that you can see, hear or smell.

Activity 5

Lie on the floor and put a teddy on your tummy. Fill your tummy with air and watch teddy getting higher. What happens when you let the air out. Do this a few times to relax



Activity 6

Try some meditation for children by typing in 'Mindful Monkey' into YouTube. There are lots of videos for them to build mindfulness.

