

## Wellness Week

18/5/20 - 22/2/20

For Wellness Week, I am asking you all to try out a range of different challenges every day at home. I would love to know how you all get on with them so you can keep me updated with some pictures via e-mail. Have Fun! 😊

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mindfulness Monday:</b> Go outside and take a moment to smell the grass and listen to the birds.</p> <ul style="list-style-type: none"><li>• Look up at the clouds and take some time to figure out what shapes they're making.</li><li>• Seesaw activity (See Think Wonder).</li><li>• Make a card for someone you miss or a card to say thank you to someone.</li></ul>	<ul style="list-style-type: none"><li>• Draw all the things you are grateful for (use a page or draw it on Seesaw).</li><li>• Do something kind for someone today.</li><li>• Tidy/declutter your bedroom or help out someone at home.</li></ul>	<ul style="list-style-type: none"><li>• Get up early and watch the sunrise. It will be a great start to the day.</li><li>• Search for a Mindfulness activity on GoNoodle.</li><li>• Blow bubbles for 10 minutes. If you have any worries, pretend they are the bubbles that float away and when they pop they're gone.</li></ul>	<ul style="list-style-type: none"><li>• Family Nature Walk: Can you use your 5 senses to take in what's around you? Think about how good nature makes you feel.</li><li>• Have a digital detox for an hour or two.</li><li>• Think of and write down three things you are looking forward to doing when things go back to normal.</li></ul>	<ul style="list-style-type: none"><li>• Healthy Family Bake Off: Can you make a healthy treat for the family to enjoy?</li><li>• Count how many times you can make someone smile today.</li><li>• Funky Friday (Homestyle): Get outside, turn the music up and dance to your hearts' content to your favourite songs.</li></ul>