



Here are some ideas to help support your health and wellbeing.

<p><b>Health Fitness</b></p> <p>Make an obstacle course in the house. Can you get your heart beating? How many times does it beat in a minute?          Complete the obstacle course with your family.          Compare your times with &lt; &gt; =</p>	<p><b><u>Wellbeing-</u></b></p> <p>Grab some playdough/Make some playdough. Can you make a model?          You could make something that makes you happy.</p>	<p><b><u>Wellbeing</u></b></p> <p>Make a thankful jar/ kindness jar.          Write down all the things you are thankful for. What do you enjoy? Or you could write down acts of kindness to choose over the week to complete.</p>
<p><b>Health Fitness</b></p> <p>Do some mindful yoga. Look on Youtube for Cosmic kids yoga. Can you complete the yoga story? You could also do some breathing exercises with Zen Den.  <a href="https://www.youtube.com/watch?v=m-CYBzxulsM">https://www.youtube.com/watch?v=m-CYBzxulsM</a>  <a href="https://www.youtube.com/watch?v=tWSgNEs4IPg">https://www.youtube.com/watch?v=tWSgNEs4IPg</a></p>	<p><b><u>Wellbeing</u></b></p> <p>Do a puzzle or play a game. Have some quiet time on your own or with your family.          You could leave it out and come back to over the day.</p>	<p><b><u>Wellbeing</u></b></p> <p>Make a cosy reading den where you can sit and read quietly.           You could snuggle up with a good book everyday and keep a diary of what you have read.</p>
<p><b>Health Fitness- dance</b></p> <p>Put the tunes on and have a good old dance. Can you make up a dance routine?          You could use Just dance on Youtube.  <a href="https://www.youtube.com/watch?v=gCzgc_RelBA">https://www.youtube.com/watch?v=gCzgc_RelBA</a></p>	<p><b><u>Wellbeing</u></b></p> <p>Grab some colours and get creative. You could do some colouring or make your own picture. Could you give it/ post it to someone to make them smile?</p>	<p><b><u>Wellbeing</u></b></p> <p>Make a superhero cape/ mask/ picture.          Why am I super? What am I good at?          Why am I special?</p>