



With an adult make a phone call or write a letter to someone.

Blow some bubbles. See if you can do it in slow motion using deep breaths.



Play a board game with someone in your house.

Try Cosmic Kids Yoga. Ask an adult to help you find it online.



Cosmic Kids Yoga ✓  
1.07M subscribers

Draw a picture of all the things that make you happy. Put it somewhere you can see it as a reminder.

Go on a nature walk with an adult. As Winter becomes Spring you should be able to spot signs in nature.

# WELLBEING MOMENTS



Watch the clouds. What shapes can you see?



Choose an area of your home to tidy up, maybe your bedroom. How can you improve this space?

Lie down, close your eyes and listen to your favourite music.



Help an adult to make a healthy meal or snack.

With an adult talk about different feelings such as anger, happiness or sadness. Draw pictures to show these feelings.

With an adult invent an outdoor game that you can play together.