

Wellbeing Challenges

Week 7

This is our final week of home wellbeing challenges as we look forward to seeing you back in school next week.

Talk to someone you trust about how you are feeling about returning to school.

Do this quick mindfulness exercise at any time you start to feel anxious, 5 4 3 2 1

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Do some mindful art. Create a pattern & colour it in



Give yourself or someone you live with a hug for at least 20 secs.

A 20 sec hug can reduce stress and increase happiness

Send an email or card to say thank you to a teacher who has helped you during lockdown.

Send a thank you message to a friend who has helped you during lockdown.

Smile as much as you can today

Smiling release endorphins, which helps you feel happier and more positive