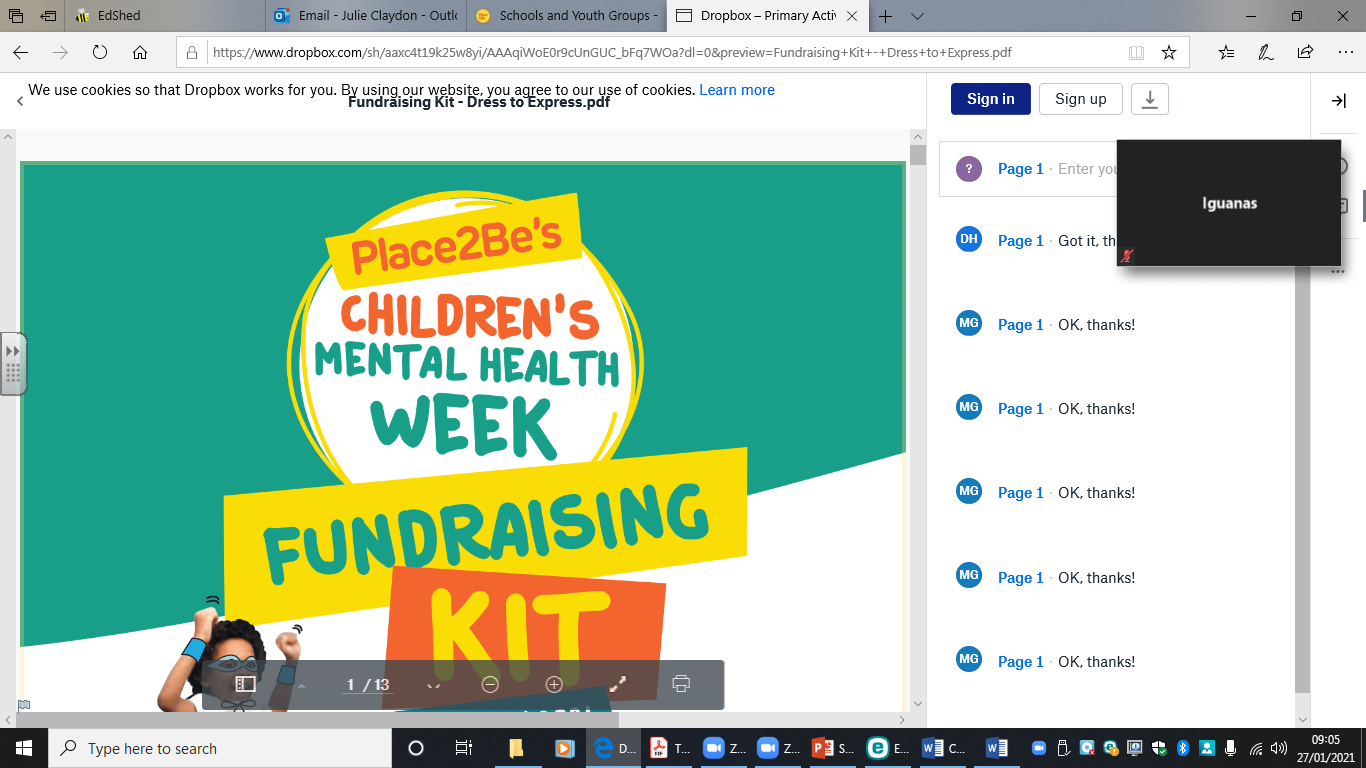
Year One- Well-being week

Turn of your screens, gadgets and devices and just enjoy being well.





Here are 50 things to do on this well-being week that don’t involve any screen time for children during school hours.

How many activities can you do on Well-Being week.

Tick off as many activities as you can and then send the results in.

Have fun!

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| 1. Listen to your favourite song. |  |
| 1. Go for a short walk and breath the air. |  |
| 1. Go for a walk and spot different birds and animals. |  |
| 1. Sing a song. |  |
| 1. Make up a dance routine to go with your song. |  |
| 1. Tell a joke or two or more. |  |
| 1. Play a board game. |  |
| 1. Bake some cupcakes. |  |
| 1. Make some biscuits |  |
| 1. Bake something you’ve not baked before.. |  |
| 1. Draw a really big picture and colour it in. |  |
| 1. Draw a really detailed picture and colour it in. |  |
| 1. Paint a picture of something unusual. |  |
| 1. Paint a picture of some beautiful. |  |
| 1. Draw a picture of your pet or favourite toy. |  |
| 1. Draw a picture of yourself smiling. |  |
| 1. Draw a picture of a family member. |  |
| 1. Build a model with lego. |  |
| 1. Make a model with plasticine or play do. |  |
| 1. Make a model using junk modelling material. |  |
| 1. Do a jigsaw puzzle. |  |
| 1. Start a conversation about something you’ve always wanted to know about. |  |
| 1. Lie on your bed and listen to some gentle music. |  |
| 1. Go in the garden and play. |  |
| 1. Go and help tidy the garden – pull up some weeds and chop down some plants. |  |
| 1. Play with your pet and teach them a new trick. |  |
| 1. Go for a walk and look at the different shaped clouds. |  |
| 1. Make a sign to compliment everybody that lives in your house. |  |
| 1. Make a sign to compliment someone who is in your bubble. |  |
| 1. Make a mindful picture for you to colour in. |  |
| 1. Make a mindful picture for a family member to colour in with you. |  |
| 1. Make a treasure hunt. |  |
| 1. Play hide and seek. |  |
| 1. Climb a tree. |  |
| 1. Dance for 10 minutes. |  |
| 1. Meditate for 15 minutes by breathing gently and listening to gentle music. |  |
| 1. Write a letter to someone you miss. |  |
| 1. Write a letter to someone you see. |  |
| 1. Make a card for someone special. |  |
| 1. Wave and smile at someone out of the window. See if they wave back. |  |
| 1. Play with your toys. |  |
| 1. Blow some bubbles. |  |
| 1. Go outside and listen to environmental sounds |  |
| 1. Make your own music,. |  |
| 1. Make a mask |  |
| 1. Make a silly hat |  |
| 1. Read a story |  |
| 1. Make a snowflake out of a piece of paper. |  |
| 1. Tell a story |  |
| 1. Phone a family member to say hello. |  |