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