Wellbeing Week

Monday	Tuesday	Wednesday	Thursday	Friday
Get your body moving! Play some songs and have a disco in your kitchen or in the garden.	**I am grateful** Write, or draw things that you are grateful for and hang them on a tree in your garden. Alternatively make your own tree out of sticks or junk.	**Make a stress squeezing balloon** Fill up a balloon with dry flour or pulses and squeeze it whenever you feel frustrated or angry.	**Design a superhero** Design a superhero to create your own super powers.	**Three Good Things** Write down or draw 'three good things' that have happened this week. For each thing, think about how it made you feel and why. These could be anything from - I've worn my favourite slippers all week to I baked a great cake.
Have a picnic Make your favourite sandwich and go on a picnic. Why not have an indoor picnic instead if it rains?!	**Gardening** Plant some seeds, weed the garden, measure how tall your sunflowers are.	**Calm Me** Play some calming music and ask everyone to close their eyes and listen. Try to focus on your breathing. You can use the audio on this video to help you feel calm. http://vimeo.com/436754041	**Make a joyful jar** Write or draw things that you make you feel happy. Put them in a jar and when you are next feeling a little bit sad, pick one out to put a smile on your face.	**Plan your weekend** Create an itinerary with timings for your weekend – including things like lunchtime, movie night, crafty activity, read my book, make dinner.
Make a chill out den Make a den in the garden or in the living room. When it is finished, have some quiet time inside your den listening to music, drawing or reading.	**Make a self-soothe box** This can be a great way for the family to feel grounded when feeling anxious. Put sensory things in the box like play dough and peppermint. You could include something to smell, something to touch, something to look at and maybe even something to taste.	**Have a good news day** Find three positive news stories online or follow three positive news accounts on social media like The Happy Broadcast or The Happy Newspaper.	**Play, play and play!** Sometimes we can feel pressured to be productive while we're all at home. However, it's important to rest and look after ourselves.	**Have a rest day!** **Drive – in movie** Why not get a cardboard box, make yourself a car, sit in your car in front of the television and watch your favourite movie. Don't forget the popcorn!
Make a worry monster Draw a monster or make one out of junk. Then write down some of your worries. Talk to your grown up about each worry. If the worry hasn't gone away, give it to the monster to look after so you can have a break from it. Discuss your worry with your monster whenever you like; monsters are excellent listeners.	**Learn a new language... Or at least 5 words!** Decide on a language for the day and learn the words for hello, thank you, and any others you want to know. Give a prize to whoever can remember the most words the next day.	**Make a Splash!** Play in the paddling pool, splash in puddles, paddling in the river. Just make a SPLASH!	**Make a playlist** Everyone in your family picks an uplifting song. Then send the finished playlist to everyone so they can play it during the day.	**Give a gold star** Create a star template and each family member writes one for each other. Have some examples such as – "I give you a gold star for always making me laugh."