

# Wellbeing Activities to try at Home!



## Connect

- Write a 'positive postcard' to a family member or draw a positive picture.
- Get to know each other better. Create a quiz about people in your household. What is your favourite food? Hobby? Etc.
- Write a letter to a friend or family member that you do not see regularly.
- Write a poem about someone in your household.
- Write to your class teacher. Make suggestions for when we come back to school; tell us what you love about school.

## Give

- Give someone at home your time – play a game with them, watch a film with them, help a sibling with a learning activity, read a story to them (this is also **Connect**) help a parent with household chores.
- Bake cakes for neighbours.
- Make friendships bracelets.



## Be Active

- Cosmic yoga (youtube) <https://www.youtube.com/watch?v=tbCjkPIsaes>
- Exercise classes (youtube) <https://www.youtube.com/watch?v=5if4cjO5nxo>
- P.E with Joe – The Body Coach TV  
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> 30 minute PE classes for children live on Joe Wick's youtube channel daily 9-00 – 9:30am.
- Help to tidy your home and help with chores. Put music on and make this fun!
- Gardening

## Keep Learning

- Learn 10 things about something new. Suggestions: An animal, a faraway country, a sport, how something is made, where something comes from.
- Learn about each other in your household. Come up with 10 questions to quiz people in your home.
- Learn to cook – can you get involved with cooking or baking?
- Learn how to sew, learn a new craft, learn how to plait, learn something you want to be able to do and keep practising!

## Take Notice

- Take notice of your feelings and emotions. Make artwork or a picture to show each feeling: happy, sad, angry, worried. Make emotions stones out of salt dough, emojis to represent each feeling.
- Go outdoors for a Bug Hunt.
- Take notice of outdoor space or garden. What can you hear? See? Smell? Feel?
- Help with gardening.



## How to make Salt Dough

Mix together:

- \* 2 cups of plain flour
- \* 1 cup of salt
- \* Up to 1 cup of water

(add the water in slowly as you may need less)

**Knead the mixture into a dough and get creating**

(You can't really go wrong, if it's too sticky just add some more flour)

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