

Take some time to complete some well being challenges. You need only do one a day or when you can. They can all help towards positive mental health. Give some a go and see how they make you feel.



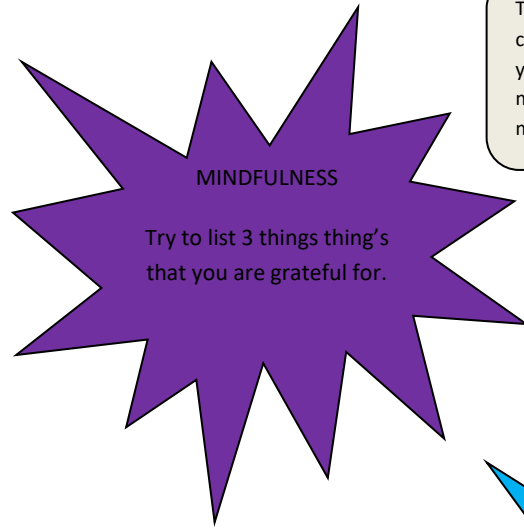
ACTIVE

Run on the spot for 30 seconds, do 10 star jumps and 15 bunny hops!



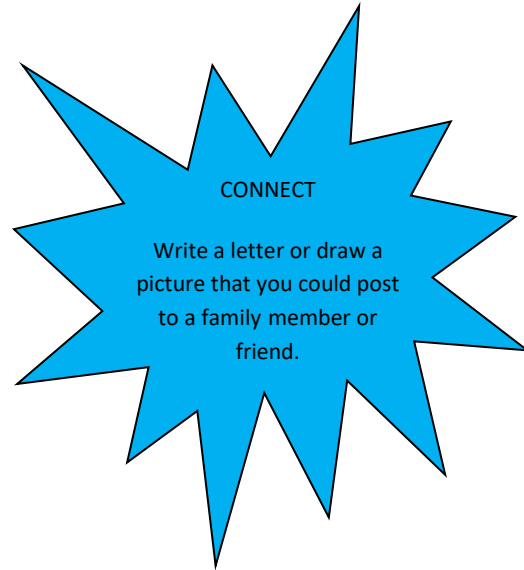
LEARN

Help cook dinner or do some baking.



MINDFULNESS

Try to list 3 things things that you are grateful for.



CONNECT

Write a letter or draw a picture that you could post to a family member or friend.



CONNECT

See if you can get in contact with someone you haven't spoken to for a while.

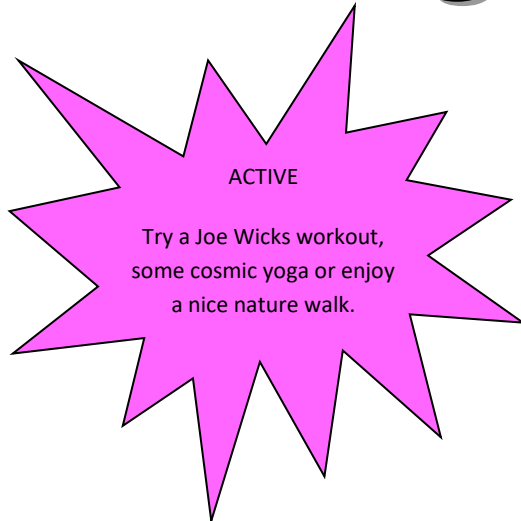
Mrs Denyer has set you some KS1 wellbeing challenges! Have a go at doing some over this week and email in pictures to her so we can see what you have been up to!
Edenyer@allsouls.kent.sch.uk

Well Being



LEARN

Have a go at learning something new. It could be a song/poem or even a dance!



ACTIVE

Try a Joe Wicks workout, some cosmic yoga or enjoy a nice nature walk.



MINDFULNESS

Do some calm colouring? You can find some lovely printable sheets online.