



P - 2

Wellbeing CHOICE BOARD

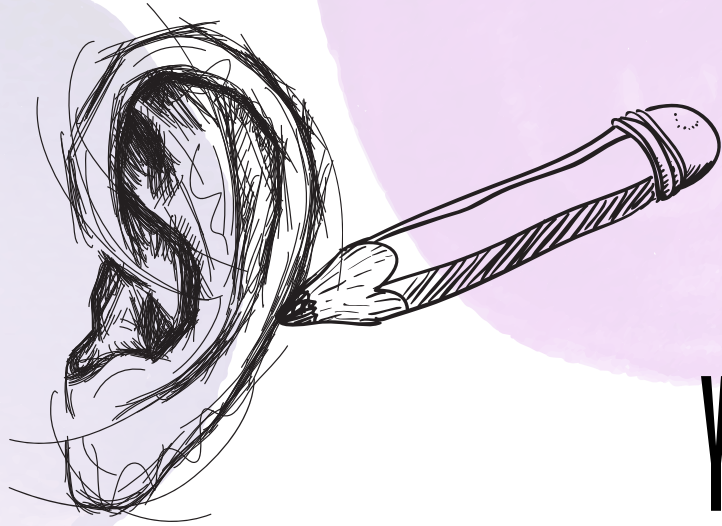
Choose one or two activities to do each day to help you keep a positive and calm body, heart and mind during lockdown.
Click on the pictures to go to links.



MAKE A
CALM DOWN
BOTTLE



MEDITATE



DRAW
WHAT
YOU HEAR



COLLECT STONES.
MAKE EMOTION
STORY STONES.



DO SOME
RAINBOW
BREATHING



GO ON A
COSMIC KIDS
YOGA
ADVENTURE.



StoryTime Out Loud
1.02K subscribers

WATCH &
LISTEN TO AN
ANIMATED
READ ALOUD

WORRY MONSTER



MAKE YOUR
OWN WORRY
MONSTER!



DO A SENSORY
OUTDOOR
SCAVENGER HUNT
FOR YOUR DAILY
EXERCISE



PRACTICE
MINDFUL
HEALTHY EATING