



5 & 6

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 YOUR OWN CALM DOWN KIT



TRY A SLEEP MEDITATION



MAKE YOUR OWN FEELINGS JENGA



HOW TO DRAW YOUR FEELINGS

DRAW YOUR EMOTIONS & FEELINGS



LEARN HOW TO DO THE 4-7-8 BREATHING TECHNIQUE

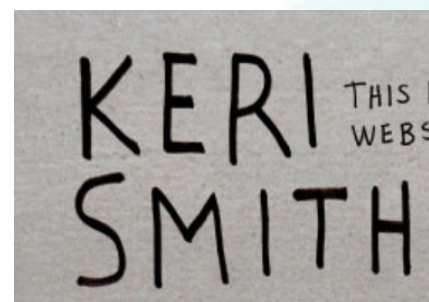


DO A YOGA P.E. CLASS TO GET MOVING!

TED

IDEAS WORTH SPREADING

GET INSPIRED BY WATCHING A KIDS TED TALK!



HOW MANY OF THE 100 THINGS CAN YOU DO FROM KERI SMITH'S LIST?



MAKE YOUR OWN COPING SKILLS SHEET



START MINDFULNESS BULLET JOURNALING