



3 & 4

# 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.

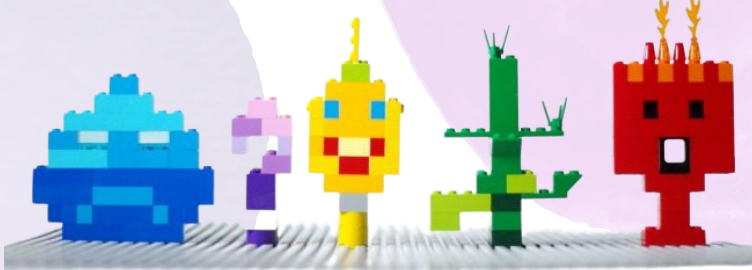
**Click on the pictures to go to links.**



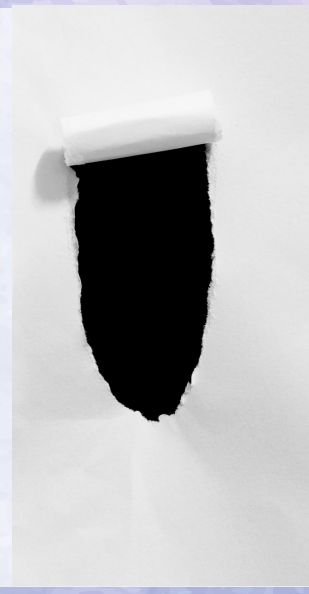
MAKE YOUR OWN CALM BOX



TRY A SLEEP MEDITATION



MAKE YOUR OWN LEGO EMOTIONS STATION



CREATE AN ABSTRACT TORN-PAPER COLLAGE TO EXPRESS YOUR EMOTIONS.



MAKE YOUR OWN PINWHEEL FOR DEEP BREATHING



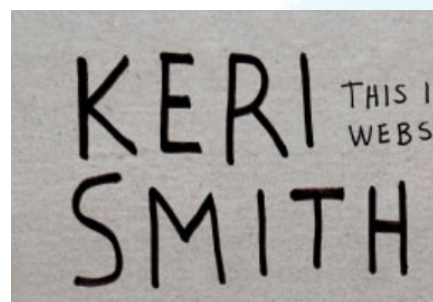
DO A YOGA P.E. CLASS TO GET MOVING!

*The Boy, the mole, the fox and the horse*

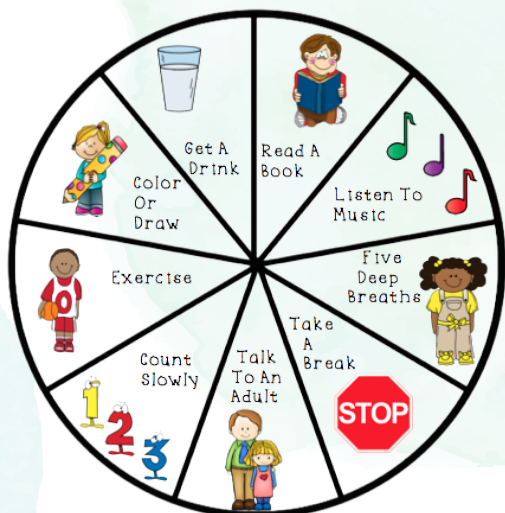


*Charlie Mackesy*

LISTEN TO A NARRATION OF 'THE BOY, THE MOLE, THE FOX & THE HORSE



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



MAKE YOUR OWN COPING STRATEGIES SPIN WHEEL



MAKE A GRATITUDE JAR WITH YOUR FAMILY.