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| 1.Get your body moving! Play a song and have a dance, shaking out all your tension | 2.Play some calming music, Listen with your eyes shut, letting your body relax  | 3.Do a giant doodle! Drawing Pen Clipart | 4. Share your favourite jokes. Write down any great ones you want to magpie | 5.Write down three great things that have happened in the week. How did they make you feel? | 6.Crying Laughing Emoji 😂 | Know Your MemeWrite a funny story. You could work with someone and perform it too! |
| 7.Collection of Karaoke clipart | Free download best Karaoke clipart ...Put on a song and do some karaoke!  | 8.Write a list of people you would like to say thank you to and why  | 9.Gold Heart Poster | JUNIQE UKFind a calm space and focus on your breathing  | 10.Give a gold star to those around you with why they make you happy | 11.Write or draw three things you are grateful for | 12.Do some stretching. Startingfrom the head, go downthe body stretching outeach part |
| 13.Go for a nature walk. What interesting and beautiful things can you see? | 14.Curl up somewhere cosy and read some of your favourite story  | 15.Play a song and as you listen, draw what the music does | 16.Telephone Cartoon clipart - Telephone, Email, Red, transparent ...Call a friend or relative you can’t see and have a catch up  | 17.Plan a list of acts of kindness you could carry out  | 18.Lie on your back in the garden or somewhere peaceful. Focus on what you can hear around you, feel the air and feel the ground |
| 19.Get up and be active!Active Children Clipart | 20.Tell those around you, what you admire about them | 21.Look out of your window – what wonderful things can you see that you’ve not taken the time to notice before? | 22.Relax outside and cloud spot – let your mind wander and your body relax | 23.Baking clipart child, Baking child Transparent FREE for download ...Find a new recipe and have a go at cooking it | 24.Make a happiness playlist of your favourite songs |
| 25.Write a list of your best qualities | 26.Play musical statues – when the music stops, put your hand on your tummy and feel it going in and out as you breathe | 27.Reflect on all your skills and celebrate what you are brilliant at!  | 28.Squeeze all of your muscles. Firstly relax your hands, then shoulders, neck, tummy, legs, feet and lastly your toes | 29.Lie with a teddy on your tummy. Breathe in and out. How does the teddy move? | 30.Free Free Sunrise Cliparts, Download Free Clip Art, Free Clip Art ...Watch a sunrise and/or a sunset with the people around you  |

Wellbeing Activity Calendar