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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. Starting  from the head, go down  the body stretching out  each 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