

Well-being

I hope you had a go and enjoyed some of the activities linked last week. This week's weekly well-being activities are linked below.

Every week we encourage that your child choose at least 2 activities to complete over the course of the week. Time before lesson routines, as a break from lesson content or at the end of the typical school day (3.15) are all possible times to take up one of the activities. This week's well-being options are:

- **Be active**—Active8

Complete as many of the Active8 challenges set on Show My Homework as you can

- **Create** - Doodling

There is no right or wrong to doodling.

Your doodles can look however you want. Messy, neat, structured or random. You can use any materials you can find.

Its all about relaxing, getting into the state of flow and being present.

- **Take notice** – Get outside and notice the world around you. Continue with the Wildlife Trust's '30 days Wild' <https://action.wildlifetrusts.org/page/57739/petition/1?locale=en-GB>
- **Stay connected** – Take a photo of something that brings you joy and share it
- **Give** – Do three things to bring joy to other people today