

Remote Wellbeing Pack

Week 2

St George's C of E Primary School

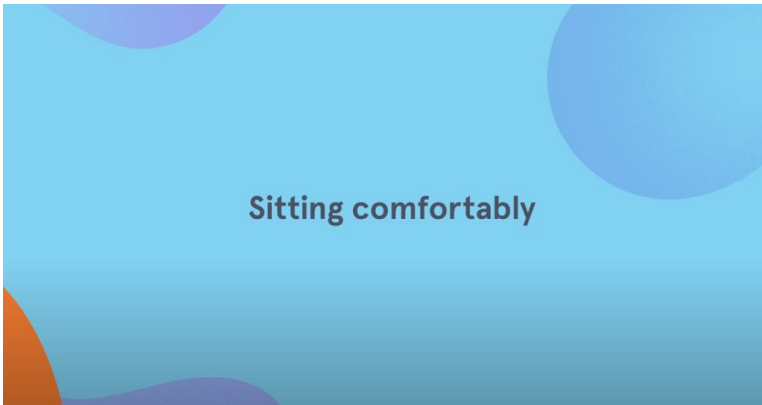


THE FIVE WAYS TO WELLBEING ARE TO:

LEARN	NOTICE	CONNECT	BE ACTIVE	GIVE
KEEP LEARNING	TAKE NOTICE	CONNECT	BE ACTIVE	GIVE
learning new things	taking notice of the world around you	connecting with others	doing something active	giving – looking outward as well as inward

Each action can be undertaken individually or collectively as part of everyday activity.

Mindful Monday



Click on the picture to access a quick meditation breathing exercise. Meditation can help you feel ready for the

Training Tuesday



Click on the picture to access Cosmic Kids yoga.

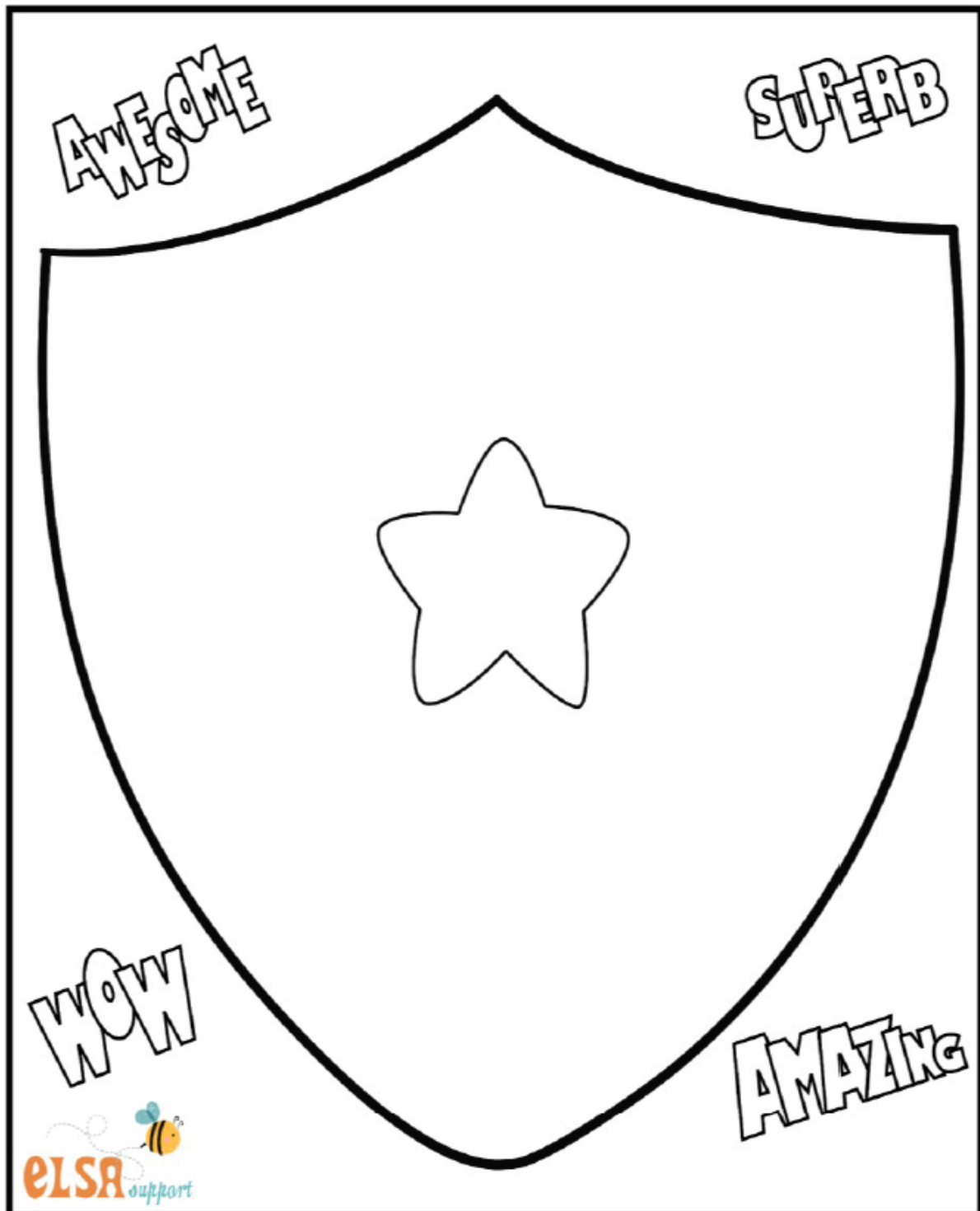
Wellbeing Wednesday

Wellbeing Shield

Choose 5 characteristics or strengths that you have and write them here

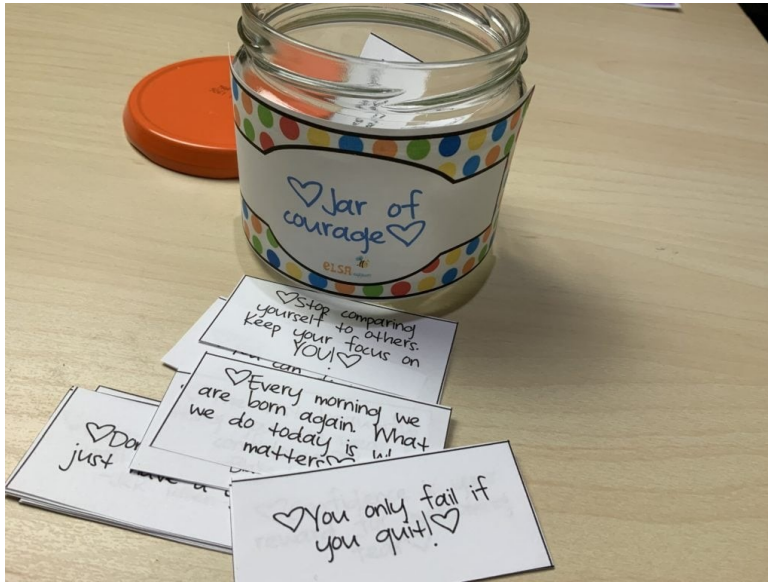
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Decorate and design your wellbeing shield to show your characteristics and strengths!



Thoughtful Thursday

Create a jar of courage and fill it with positive thoughts and quotes. If you don't have a jar, make a box or envelope! Here is an example:



Feelings Friday

Your Happy Place

Draw your happy place. It could be real or it could be from your imagination. Whenever you feel sad, upset, worried or stressed try and remember your happy place. Visualise it!

