

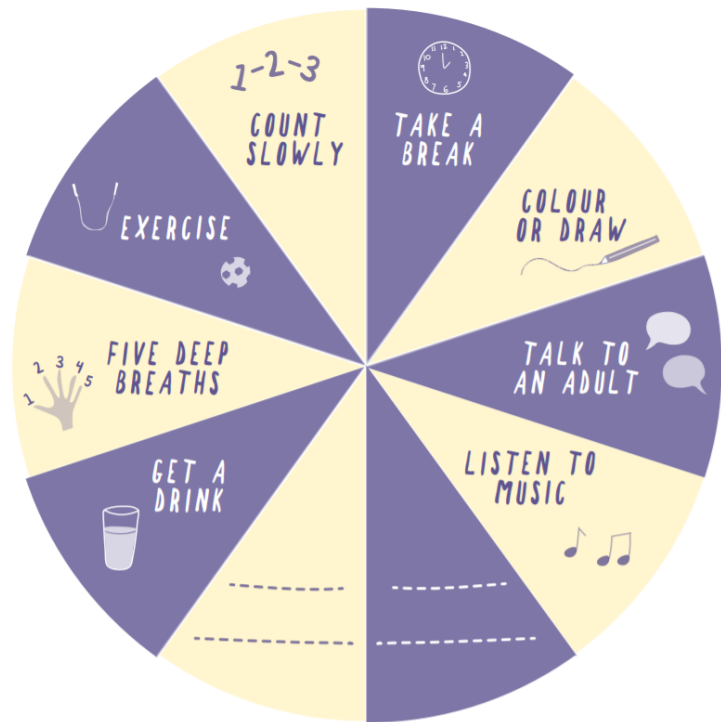
Remote Wellbeing Pack

Week 3

St George's C of E Primary School



Here are lots of strategies to try when you need help to feel calm. There are two blank to add your own!



Mindful Monday



Click on the picture to access a guided meditation. Meditation can help you feel ready for the day!

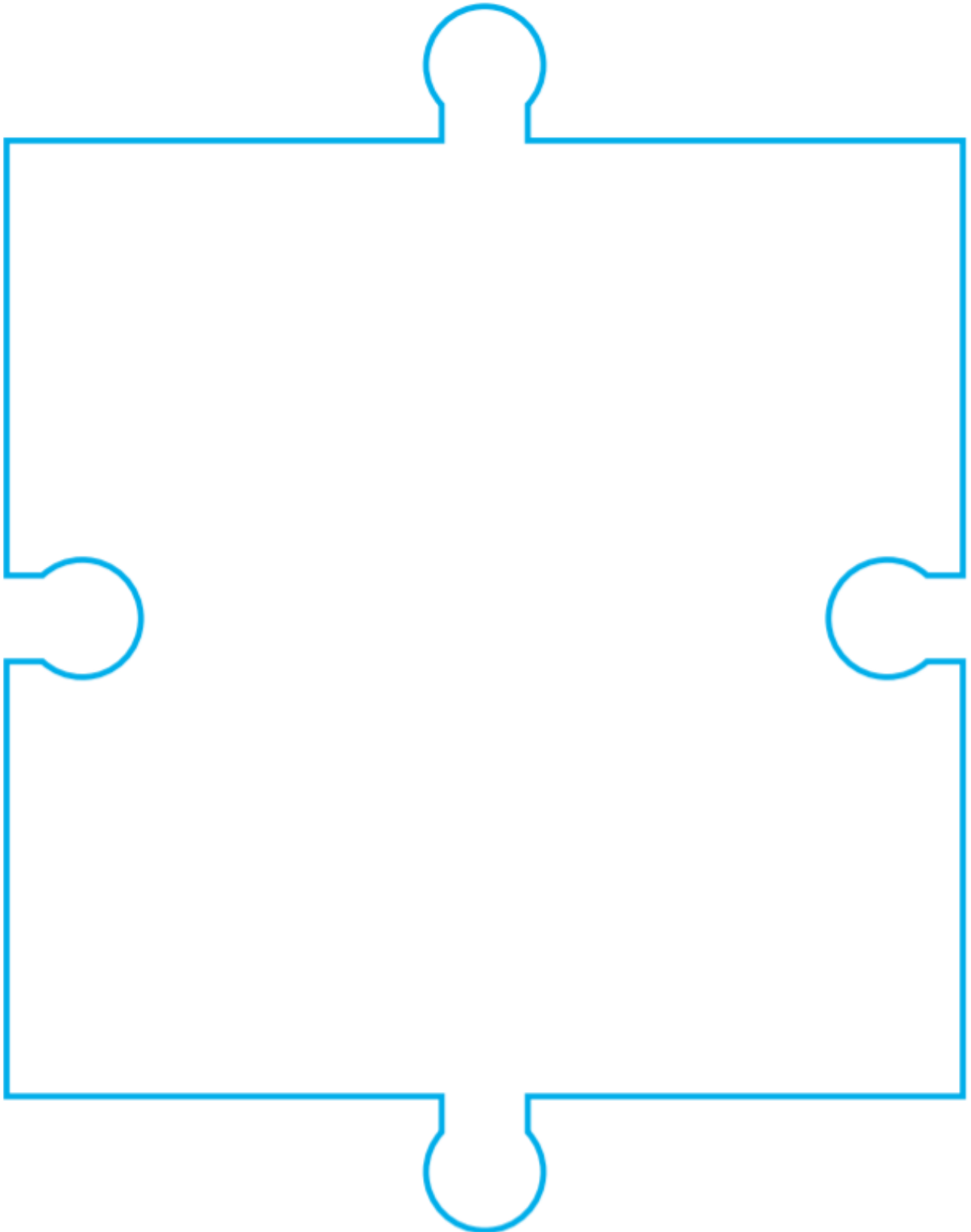
Training Tuesday



Click on the picture to access Cosmic Kids yoga.

Wellbeing Wednesday

Our school is made up of different pieces (you, your friends and the adults that help you!). Each piece is unique and fits together to make our school whole. Design your own jigsaw piece to represent you.

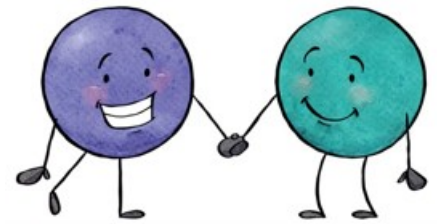


Thoughtful Thursday

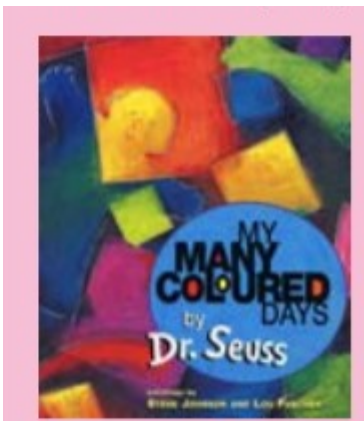
Giving or helping others feels GREAT!

Try to do at least one of these today:

- Open a door for someone
- Help with a chore at home
- Offer to do some gardening
- Compliment someone



Feelings Friday



Click on this picture to hear this amazing story about feelings.

Colour Squiggle:

1. On a piece of paper draw a squiggle - close your eyes to make it more fun! Add in some twists and turns so the lines cross over each other.
2. Colour in/ paint as many sections as you wish or cut and paste from magazines/newspapers/recycled materials.
3. Now look at your creation. Can you spot any images or symbols hiding in your squiggle?

