



Complete all activities, share with your class teacher and I will present you with an award!

LAURA, FAMILY PRACTITIONER



WELLBEING BINGO

Find an adult to complete the activity with and write your names in the spaces.

DANCE TO A SONG TOGETHER

BRUSH HAIR WITH CALMING MUSIC

GO FOR A RUN/JOG TOGETHER

WRITE A LETTER TO SOMEONE

MAKE A GIFT FOR SOMEONE IN NEED

WRITE/DRAW 5 THINGS YOU LOVE ABOUT EACH OTHER

MAKE FRIENDSHIP BRACELETS

GIVE EACH OTHER A HUG

MAKE A HEALTHY MEAL TOGETHER

GET COSY AND LISTEN TO CALMING MUSIC

PLAY A NEW GAME TOGETHER

GO ON A 'SENSSES' WALK IN NATURE

PLANT SOME SEEDS FOR SPRING

MAKE A MOOD BOARD OF HAPPY IMAGES

GIVE EACH OTHER A HAND MASSAGE

PRACTICE SOME YOGA OR STRETCHING