

Wellbeing Activities

Week Beginning: 27.4.2020



The important thing with each of these activities is that you focus on your child and you all have fun together.

Monday	Rainbow hand painting, paint a rainbow on your hand and make a pattern on paper. Take a picture of it and send it to us at: Email – ILM.Thrive@e-act.org.uk
Tuesday	Put some wellies on and splash in puddles out in your garden (its only water, you can dry off)
Wednesday	Write a story about this time at home. Don't forget to send it to Mrs Peters and Miss Potter at ilm.thrive@e-act.org.uk so we can display them in our Thrive room.
Thursday	Play a memory game, place 5 – 10 items on a tray, ask a family member to study them all, take 1 away and see if they can guess what is missing.
Friday	Describe a feeling to someone, see if they can guess the feeling
Saturday	Practice breathing techniques or relax with some yoga: https://www.youtube.com/watch?v=X655B4ISakg
Sunday	Draw a picture of something that has inspired you throughout this experience. Don't forget to send it to Mrs Peters and Miss Potter ay: ilm.thrive@e-act.org.uk

