

Wellbeing Activities

Week Beginning:18.5.2020



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

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| Monday | Draw a picture that reflects Mental Health Awareness Week – Kindness. Put it in the window or chalk a message of kindness on the pavement. Send us your picture so we can put in on our website. ilm.thrive@e-act.org.uk |
| Tuesday | Make your own water pistol and have fun with your family. Here is a link to make your own. https://www.wikihow.com/Make-a-Water-Gun-with-a-Water-Bottle |
| Wednesday | Make a dreaming den. You can fill it with cushions, teddies and maybe some fairy lights. You can use it when you feel overwhelmed, angry or sad. |
| Thursday | Make some salt dough and create a handprint. Write the date on it to remember this time. https://www.thebestideasforkids.com/salt-dough-handprint-ornament/ |
| Friday | See how many random acts of kindness you can do today. Wash up, help with washing, play with your brother or sister. |
| Saturday | Relax with some Cosmic Yoga: https://www.youtube.com/watch?v=flK2Nasd-AI |
| Sunday | Draw a folded surprise picture. Heres how: https://www.youtube.com/watch?v=isAuDM5cBhs Send a picture of your drawing to Mrs Peters and Miss Potter at ilm.thrive@e-act.or.uk |

