

Wellbeing Activities

Week Beginning: 04.5.2020



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

Monday	Create a memory box or bag of all your favourite things/people you are missing. For example, collect objects, photos, anything that reminds you and save them. Decorate it however feels good for you!
Tuesday	Create your own paper face masks together. You could do emotions of how you feel right now, animals, family members, friends, your favourite character.
Wednesday	Create a word cloud with all the feelings you have during this time in isolation.
Thursday	Write a poem to called "life in Lockdown". Have a look at this link for inspiration. We would love to see them! 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.
Friday	Explore the sky, lie on the ground and see how many shapes or animals you can see in the clouds. You could even take pictures and make them out of cotton wool and stick them on paper.
Saturday	Movie time!!! Choose your favourite movie and sit down together to watch it as a family. Wrap up in your favourite blanket, with your favourite drinks, snacks, teddy.
Sunday	Make and eat together your favourite pizza. Go wild with your ingredients. Try out what the food feels like and tastes like. You could even try a chocolate pizza. Here is a link https://family.gonoodle.com/activities/how-to-make-chocolate-pizza

