

## RANDOM ACTS OF KINDNESS

Can you do something kind for someone?

Can you:

Can you tell a family member all the things you love about them?!

Can you ask a family member what you can do to help them today?

Can you send a text, call, google classroom message to tell someone you're thinking of them or ask how they are?

Maybe tally up your RAK in your jotter or on a post it?

## BALANCE

Pleasure and enjoyment is an important part of being happy and fulfilled! BUT too much time spent on pleasurable activities can lead to an imbalance. Write a list of things you feel you sometimes do too much and write a list of things you could do INSTEAD of that activities sometimes for a better balance, e.g. TV - instead I could read a book, go for a walk, draw a picture, listen to music

## CALMING GLITTER FALL

Create your own glitter fall jar as a tool to help keep calm or relax!

All you need is some liquid glue, an old jar and glitter!

If you don't fancy making your own glitter fall jar watch this Youtube video for the same relaxing effect....:-)

<https://www.youtube.com/watch?v=Mb3ji6fvzEk&feature=youtu.be>

## MEDITATION

Here's a different guided meditation to listen to on Youtube:

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>

Or type into Google:  
Peace Out, Guided Relaxation for Kids, Peace out, Balloon

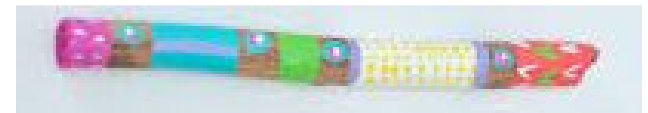
## Health and Wellbeing Activities Grid week 10



I'd love to see any of your work on Google Classroom, Twitter or emailed to me directly:  
[gw15murraystacy@ab-ed.org](mailto:gw15murraystacy@ab-ed.org)  
Stay well! Miss Murray :)

## Free gift

Can you collect a paint/decorate a stick or leaf with a decorative pattern and leave it for someone to see or pick up??



## Rainbow breath

Try to follow this Youtube on rainbow breath:

<https://www.youtube.com/watch?v=O29e4rRMrV4>

## DREAM BIG

Write down a list of all the entertainment activities you'd like to do when lockdown is over! (cinema, carnival etc)

## Stretch

Have a go at some YOGA today! Cosmic kids have some brilliant stories along with stretches :-)

