

## RANDOM ACTS OF KINDNESS

Can you do something kind for someone?

Can you:

Can you tell your teacher and or PSAs something kind via email or google classroom?

Can you share a favourite memory of this school year with your class teacher?

Can you compliment a classmate?

## Goals

Write down a list of all the things you'd like to achieve or practice or work on this summer - e.g. tidy my bedroom, decorate my bedroom, plant some flowers in the garden, work on my handwriting neatness, work on my dance moves etc etc

## GRATITUDE

Can you list ALL the things you are grateful for about SUMMER???

Can you list ALL the things you are grateful for about HOLIDAYS???

## MEDITATION

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

<https://www.youtube.com/watch?v=06wtmoB1trY>

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

## Health and Wellbeing Activities Grid week 11



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 :)

## Stone art

Can you write a kind or positive message on a stone and add it to the stone snake outside Broomhill School?? Keep the snake growing!

## 4, 7, 8 Breathing

Can you try this breathing technique?? It takes practice to become good at this!

<https://www.youtube.com/watch?v=UxbdX-SeOOo>

Youtube - 4,7,8 breathing Go Zen!

## DREAM BIG

Write down a list of all the FUN things you want to do this summer!!!

## REFLECT

Write a letter to yourself about all the things you are PROUD of yourself for this year. What things did you work on and get better at in school, at home, in your health and fitness, in your daily habits? Be kind and positive to yourself!