

Wellbeing Grid

MINDFUL DRAWING

Go outside, find a peaceful spot, sit down and listen to nature's sounds and draw.



YOGA

Join Jamie from Cosmic Kids for some yoga based on 'The Twits'.

<https://www.youtube.com/embed/9vLpwN-DGw>

EMOJI WRITING

Pick four of your favourite emojis. Write an interesting story or song to go with these symbols.



SEEK NATURE

Take a walk in nature and collect some items or take some photos. Make a nature collage or artwork for a special loved one in your family.



SHOW KINDNESS

Find a penpal (a family member, friend or neighbour). Draw them a special picture and send it in the mail or drop it in their letter box.



GET CREATIVE

Design a new learning space in your house. What would it look like, and what furniture or equipment would it need? Draw it!



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GET WRITING

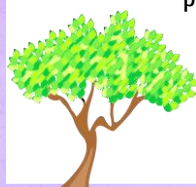
Write a list of some questions you have for your teacher. What are you worried or unsure about? What are you curious about? Share the list with your teacher.



MINDFUL MOVEMENTS

Use the video
<https://www.youtube.com/embed/buPuB4Sa0zU>

to help ground your body and sway like a tree while you bring yourself into the present moment.



HELP OTHERS

Do a special job around the house for someone in your family. Try and choose something that you wouldn't normally do! Take note of how good it feels to help others.

POSITIVE THOUGHTS

Create an affirmation flower. Create a beautiful piece of art to display in your room or around your learning area with things you are proud of about yourself.



Tips for getting ready to come back to school...

- Start to get back into a routine – Set an alarm and get out of bed before school starts
- Start learning from home by 9:00am – work for an hour before you stop and have a snack
- Ask your parent/carer to start packing your lunchbox again and eat from your lunchbox during the day
- Start wearing your uniform and get used to being in it again
- Practice hand hygiene and washing your hands correctly