







My Week of Wellbeing

	Wellbeing Activity	Completed
Monday	Musical Drawings Play some calming, classical music. As you listen to the music, draw the pictures and shapes that come into your mind. 	
Tuesday	Cloud Clues Go outside or look through your window up at the sky. Watch the clouds. How are they moving? Can you see any shapes in them? 	
Wednesday	Nature Walk Go for a walk or take a look around your garden or local park. What can you see? What can you hear? Pick up a stick and make a pattern in the mud. Find a leaf and hold it in your hand. What does it feel like? 	
Thursday	Breathe In, Breathe Out Find a quiet space. Breathe slowly in and then out again, focusing on your breath. If a thought pops into your head, breathe it away. Can you do this for one minute? 	
Friday	Balloon Bubble Blow up a balloon and tie a knot at the end. Gently bat the balloon up into the air with your hands. Imagine it's a bubble you mustn't burst. 	
Saturday	Musical Statues Put on some music and dance. When the music stops, close your eyes and put your hands on your tummy. Can you feel your tummy going in and out as you breathe? 	
Sunday	Take a pencil for a walk Doodle with your pencil on a piece of paper. Try to use as much space on the page as you can, creating patterns and lines without taking your pencil off the page. When you have finished, colour in the patterns and shapes you have made. 