



# Welcome to Wellbeing

In this booklet you will find five suggestions for wellbeing activities (one per afternoon).

We hope these activities will help you to unwind, relax, laugh, feel happy and build your self-esteem!







## Pen Pals!



Choose a person at school to write a letter to so they know you're thinking about them!

Things you could include in your letter

- How you are feeling and how your family are
- What outdoor activities you've been up to during lockdown
- What games you've been playing
- Which pieces of schoolwork you have enjoyed the most so far
- Share some tips on how to avoid being bored or anything funny you've seen/read you think they would enjoy too
- A picture to brighten their day

## I Am Unique

Take some time to think about all the things that make you 'You'.

What are your likes and dislikes?

What are your special talents?

What special experiences have you had?

What do you have in your life that you are grateful for?

Use all of your ideas to fill in a fingerprint like the one pictured. Make it as colourful as possible. You could even fill the blank space around it with pictures!



## Create a Yoga routine

Yoga is a brilliant way to stretch your muscles, breathe deep and calm your mind. You don't need anything fancy! Just some comfortable clothes and some space on the floor.

Try out these key yoga poses and then come up with your own routine. Use as many or as few poses as you like, move your body however you wish to get from one pose to the next and stay in each pose as long as you feel comfortable - the only important thing to remember is deep breathing throughout!



### **Cat/Cow**

Tuck chin to chest and round your back up like a Halloween cat as you breathe out. Slowly look up and drop your belly as you breathe in.



### **Forward bend**

Bend from the hips keeping a slight bend in your knees. Try swaying your arms side to side.



### **Warrior**

Front foot faces forward and leg bends. Back foot points out to the side and leg stays straight. Arms out straight. Look past your fingertips.



### **Down Dog**

Stick your bum in the air and make a triangle! Bend alternate knees and stretch out your fingers.



### **Child's Pose**

Relax to the floor from a kneeling position. Knees can be together or apart. Arms can be by your side or in front.



### **Wide-Legged Bend**

Step feet wide apart. With hands on hips, bend forward until hands or head reach the floor.



### **Happy Baby**

Reach your hands between your calves and grab your feet. Rock side to side, stretching out your legs if you wish.



### **Cobra Pose**

Place palms flat on floor next to shoulders and push yourself away from the floor.