

## **WELL-BEING / PSHE ACTIVITY GRID: 2021**

*(Personal, Social, Health Education)*

Each activity should be 15 - 30 minutes (some may take longer if independently extending the task)

Write a thank you letter to someone	Do some mindful colouring (Sheets are on school website)	Do some yoga to strengthen your focus <a href="https://www.youtube.com/watch?v=0vuaCHEAs-4">https://www.youtube.com/watch?v=0vuaCHEAs-4</a>
Write 10 amazing things about yourself	What makes you happy? Make a list or draw a picture	What is your proudest moment? Write about it, draw a picture of it or tell someone about it.
Meditate to relax <a href="https://www.youtube.com/watch?v=bRkILioT_NA">https://www.youtube.com/watch?v=bRkILioT_NA</a>	Write a list of goals you want to achieve either today, this year or in your lifetime – or maybe one for each of these timeframes	Get some fresh air – go in the garden or go for a walk