



Well-Being Wednesday

(Time away from the screen)

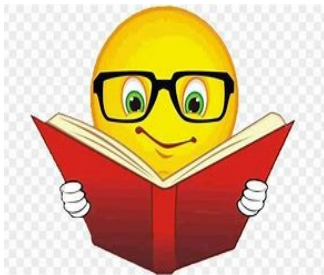
Try some YOGA and meditation... Think about your breathing and listening to calming music.



Go for a walk and notice any new flowers or listen to the birds—What are they singing?



Read your favourite book..... Find somewhere cosy and lose yourself in a book.



Where will you go?

Who will you meet?

Create a Jar of happiness

Draw a jar or bottle and inside draw all the things that make you happy.

People, places, activities, animals, colours, sounds.

