

K – 6 Wellbeing Activities

Mindfulness Breathing

Set a timer for 5 minutes, sit down and do some deep breathing. This can be done individually or with a family member.



TIP:

Imagine your smelling flowers, breathe in deeply through your nose and out through your mouth.



Gratitude Journal

5 things I'm grateful for:

1. A **person** I am grateful for is:
2. Something about **myself** I am grateful for is:
3. Something **funny** I am grateful for is:
4. Something **happy** I am grateful for is:
5. A skill I am **grateful** is:

DANCE, DANCE, DANCE wherever you may be. Put on your favourite song and get your boogie on. Even create a new dance and perform it for your family.



Activity Jar

Get a small jar and write on a piece of paper a list of tasks, activities to complete each day. Cut them out, fold them up and place inside the jar. Each day pull a piece of paper out and complete that activity for the day.

Some Examples:

- 10 jumping jacks
- Read a book
- Write a story
- Tell someone you love them – give them a hug or an elbow

Draw a picture of how you're feeling.



Eye-Spy. go on a walk outside with a family member. On your walk find 5 different objects outside. Notice what you can see, smell and how this walk makes you feel.

Travel the world.. VIRTUALLY sit in a comfy chair and choose from one of the following links and explore a different city in the comfort of your own home

- Top Disneyland Rides
<https://www.youtube.com/watch?v=KJQLpDk1e9c>
- Taronga Zoo
<https://www.youtube.com/watch?v=vZYBC6mw1Gc>
- New York City
<https://www.youtube.com/watch?v=MtCmTc50gwY>
- Tokyo, Japan
https://www.youtube.com/watch?v=cS-hFKC_RKI
- Paris, France
<https://www.youtube.com/watch?v=AQ6GmpMu5L8>

Create some art for a friend or family friend, take a picture and send it to them.



Colour in

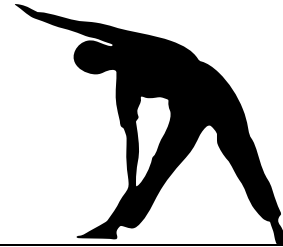
draw a picture and colour it in. Or download some colouring in sheets from the below links



Start a pen-pal chain

with classmates or neighbour. Write to each other daily by sending an email or a letter via the mail.

Have a stretch take a moment to focus on you body by doing some stretching exercises. Take your time and notice how your body feels.



Create a board game!

Get creative and design your own board game. Once it's done play it with a family member. Ensure it's fun and has fair rules

Go on a Scavenger hunt

click on the following link below and complete this scavenger hunt on your wellbeing walks. Doesn't need to be completed at once but find one object each day

<https://www.learningresources.com/media/amasty/amfile/attach/clkYyuUS6pKRAVlrDjku4LI0pN1ne1fv.pdf>



Create a scrap book.

All you need is a blank book, some colouring pens/pencils, glue and some glitter. Write down memorable moments and add them to the book. It could be photos, the pictures from your art works or things you find on your wellbeing walks. Record each moment and write down how it made you feel

Learn a new skill

This could be something you already know or it could be completely new. It could be the start of a new hobbies something it out there waiting for you to embark on it!



Be Kind & check in.

we can still give our loved ones our time without physically being there. Check in on others by sending them an email, video message or email. Even making them a home made card and sending it in the mail.

