

Hi everyone,

As we have all experienced a tough few months we have decided to dedicate this week to Wellbeing. Below we have given you a suggested timetable for each day with accompanying resources. There are lots for each day so choose what you feel is suitable for your son.

Monday 15th June

- Solve the Dingbats puzzles- Fun for the whole family (*see resource section*)
- Make a calm jar- <https://preschoolinspirations.com/6-ways-to-make-acalm-down-jar/>
- Yoga- <https://www.youtube.com/watch?v=ho9uttOZdOQ>
https://www.youtube.com/watch?v=sM5MGLMNN_E
<https://www.youtube.com/watch?v=dF7O6-Qablo>
<https://www.youtube.com/watch?v=X655B4ISakg>
- PE- Joe Wick's workouts for kids- (*see youtube*)
- D.E.A.R time- 15 minutes reading of your favourite book

Tuesday 16th June

- Complete the worksheet "I am an amazing person" (*see resource section*)
- Yoga- <https://www.youtube.com/watch?v=ho9uttOZdOQ>
https://www.youtube.com/watch?v=sM5MGLMNN_E
<https://www.youtube.com/watch?v=dF7O6-Qablo>
<https://www.youtube.com/watch?v=X655B4ISakg>
- PE- Joe Wick's workouts for kids- (*see youtube*)
- D.E.A.R time- 15 minutes reading of your favourite book

Wednesday 17th June

- Complete wellbeing journal (*see resource section*)
- Yoga- <https://www.youtube.com/watch?v=ho9uttOZdOQ>
https://www.youtube.com/watch?v=sM5MGLMNN_E
<https://www.youtube.com/watch?v=dF7O6-Qablo>
<https://www.youtube.com/watch?v=X655B4ISakg>
- PE- Joe Wick's workouts for kids- (*see youtube*)
- D.E.A.R time- 15 minutes reading of your favourite book

Thursday 18th June

- Solve the Riddles-(*see resource section*)
- Make a positivity/ gratitude jar- find an old jam jar and fill it with some positive phrases. Your son can write these based on things he is thankful for in his life/ things he is good at. Then he can pull one from random every morning to read. -
<https://www.elsa-support.co.uk/jar-of-courage-childrens-mental-healthweek-3rd-to-8th-february/>
- Yoga- <https://www.youtube.com/watch?v=ho9uttOZdOQ>
https://www.youtube.com/watch?v=sM5MGLMNN_E
<https://www.youtube.com/watch?v=dF7O6-Qablo>
<https://www.youtube.com/watch?v=X655B4ISakg>
- PE- Joe Wick's workouts for kids- (*see youtube*)
- D.E.A.R time- 15 minutes reading of your favourite book

Friday 20th June

- Summer Mindfulness colouring-(*see resource section*)
- Complete the "Being kind to yourself" worksheet-(*see resource section*)
- Yoga- <https://www.youtube.com/watch?v=ho9uttOZdOQ>
https://www.youtube.com/watch?v=sM5MGLMNN_E
<https://www.youtube.com/watch?v=dF7O6-Qablo>
<https://www.youtube.com/watch?v=X655B4ISakg>
- PE- Joe Wick's workouts for kids- (*see youtube*)
- D.E.A.R time- 15 minutes reading of your favourite book

Resource Section



Riddles

1. What has a face and two hands but no arms or legs?
2. What word begins and ends with an *E* but only has one letter?
3. What has a neck but no head?
4. What gets wetter as it dries?
5. Which month has 28 days?
6. Mary's father has five daughters – Nana, Nene, Nini, Nono. What is the fifth daughter's name?
7. Why are teddy bears never hungry?
8. What bank never has any money?
9. What kind of room has no doors or windows?
10. I don't have eyes, ears, nose and tongue, but I can see, smell, hear and taste everything. What am I?
11. I have rivers, but do not have water. I have dense forests, but no trees and animals. I have cities, but no people live in those cities. What am I?
- 12.** I never ask questions, but always answered. What am I?

Answers to Riddles

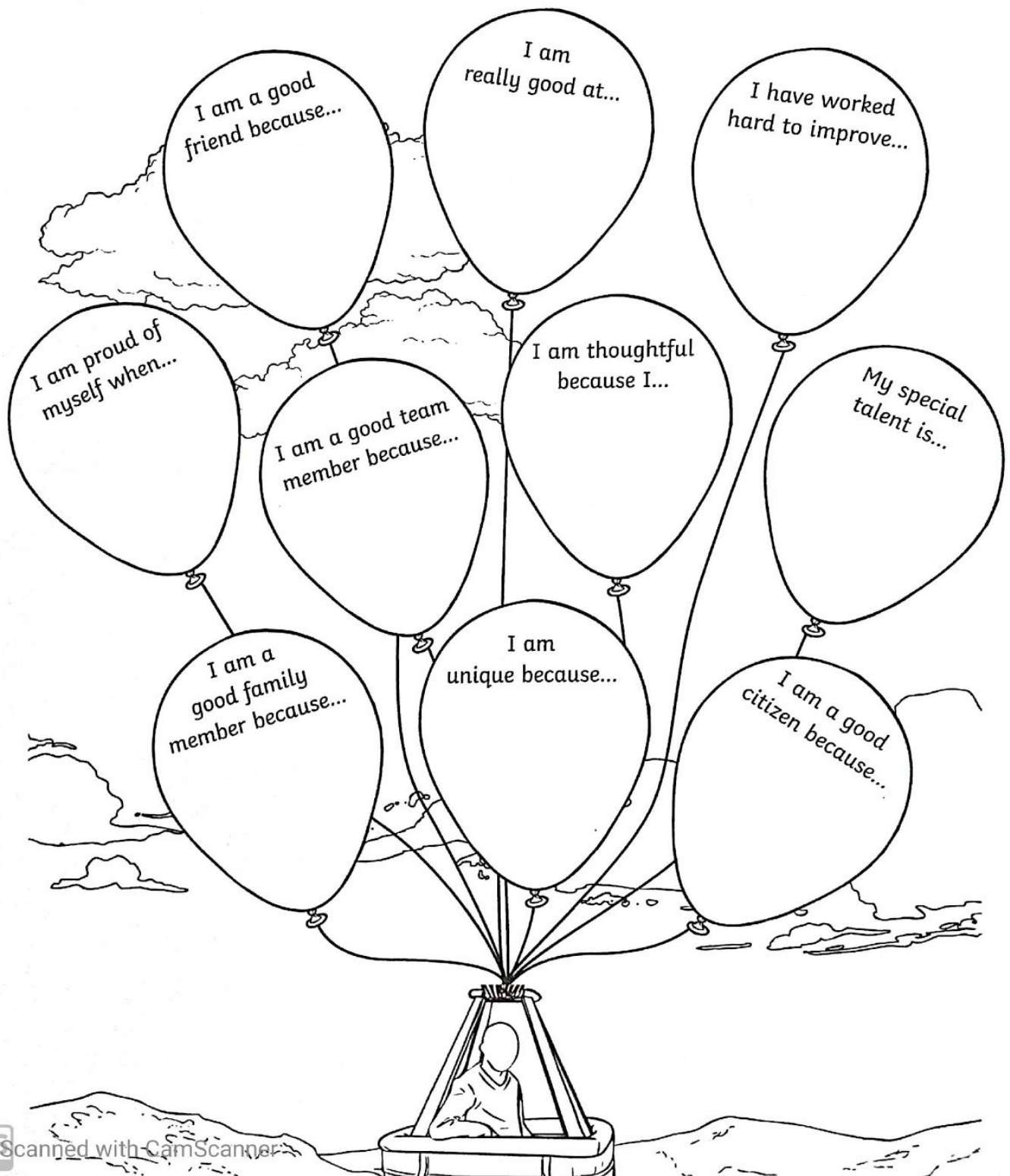
1. Clock
2. Envelope
3. Bottle
4. Towel
5. All
6. Mary
7. Always stuffed
8. Riverbank
9. Mushroom
10. Brain
11. Map
12. Doorbell

Summer Mindfulness Colouring Sheets



I Am an Amazing Person!

Read and finish the sentences in the balloons below.

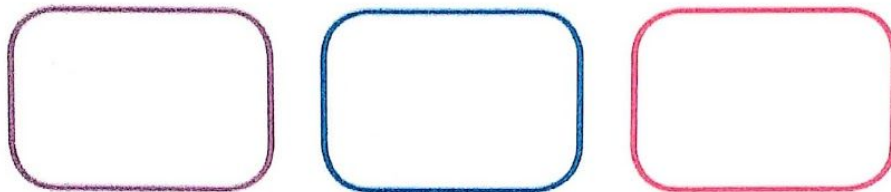


Wellbeing Journal

Date: _____

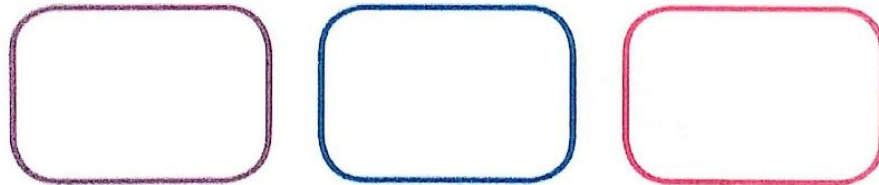
Quote of the Day: 'If the plan doesn't work, change the plan but never the goal.' (Unknown)

Today I Want To:



Draw or write the things you'd like to do today.

Good Things:



Write or draw the things that were good in your life today.

Draw to the Music:



Choose one of your favourite songs and listen to it. In the box below, draw as if your hand was dancing to the music.

Mood Reflection:

Draw a picture in the box below to show how you are feeling.

The Best Thing That Happened Today:

Draw a picture to show this at the end of the day!

Rate the Day:



How Can You Be Kind to Yourself?

We often think about how we can be kind to others and what effect our behaviour has on other people.

Have you ever thought about how you can be kind to **yourself**? Using the hearts below, write your own ideas about how you can be kind to yourself. Some ideas have been given to start you off.

Once you have recorded these ideas, start to think about how you can carry out these ideas to be kind to yourself.

