

Wellbeing Warriors!

Here at Charlton, we want all pupils to become wellbeing warriors in order to look after their physical and mental health.

This grid provides optional wellbeing activities for you to do every week this half term.

<p>Identify different ways that you can build your confidence and the confidence of others.</p>	<p>Reflect on what you have been eating recently.</p> <p>Have you had your 5 a day?</p> <p>See if you can eat some more fruit & veg this week!</p>	<p>Discuss the term 'growth mindset' with a family member.</p> <p>How could you show a growth mindset when you are learning?</p>
<p>Keep a journal to track how much physical activity you do in a week.</p> <p>Could you do any more?</p>	<p>Think about the school value 'kindness'.</p> <p>How can you show kindness to yourself, your friends and your family?</p>	<p>Create a healthy and balanced diet poster.</p>

Choose one blue and one yellow activity to complete.

You can share what you get up to on Google Classroom!

Blue activity - for your mental and emotional wellbeing.
Yellow activity - for your physical health.

Week One