

# 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>Think about the school value 'respect'.</p> <p>What can you do to others to be respectful? How can you show respect for your learning?</p>	<p>Spotty dog challenge</p> <p>How many spotty dogs can you do in one minute?</p>	<p>What makes you unique and different to others?</p> <p>Remember, it is important to celebrate our differences as that is what makes us human!</p>
<p>Complete a dance activity for half an hour.</p> <p>There are free Just Dance videos on YouTube.</p>	<p>Think about your routine when you go to sleep.</p> <p>If you are not sleeping well at the moment, what could you do to improve your sleep? Talk to a family member.</p>	<p>Make your lunch with a member of your family.</p> <p>Remember not to use any kitchen utensils without an adult supervising.</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.