

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>What does the word 'forgiveness' mean?</p> <p>Reflect on the word forgiveness and how forgiving someone is good for your mental health.</p>	<p>Sit up challenge</p> <p>How many sit ups can you do in one minute?</p>	<p>Think of three things that you can continue to do in your free time that make you feel happy or calm.</p>
<p>Joe Wicks</p> <p>Complete a Joe Wicks activity from home.</p>	<p>Take some time to read your favourite book or poem. Perhaps listen to an audio book.</p> <p>Make sure you are in a comfortable spot!</p>	<p>Get outdoors!</p> <p>Take some time to be out in the fresh air with your family.</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.