

# 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>How does it make you feel when you are kind to others?</p> <p>Try and complete an act of kindness for someone in your family or bubble this week.</p>	<p>High knee challenge</p> <p>How many high knees can you complete in one minute?</p>	<p>Discuss the word 'feelings'.</p> <p>How many different feelings can you think of?</p> <p>Remember, it is normal to feel lots of different emotions.</p>
<p>With a member of your family, try a new sport that you haven't tried before.</p>	<p>Talk to a friend or a close family member about how you are feeling.</p> <p>See if you can arrange a telephone call or a video call to catch up.</p>	<p>Have a go at either yoga or meditation this week.</p> <p>Headspace app has free audio meditation that will only take a few minutes.</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 Two



Aspire and Grow Together



Created by Miss Sandford