

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.

Write a list of things you could do to make other people happy.	Write your own recipe at home that has either a fruit or vegetable as an ingredient. Maybe this is a recipe at home that you already love to eat!	Explore ways of keeping your mind happy and well when you are feeling sad or upset.
Complete a taste challenge at home with new flavours from fruit and veg that you haven't tasted before.	Talk to a family member about how you can keep yourself safe online.	Take some fresh air and go for a walk in your local area.

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.