

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>Spend some time outdoors and think about what you are grateful for.</p> <p>What do you appreciate?</p>	<p>Star jump challenge</p> <p>How many star jumps can you do in one minute?</p>	<p>Think about the school value 'love'.</p> <p>What can you show love to yourself, your friends and your family?</p>
<p>Explore your local community.</p> <p>You may see something you haven't noticed before.</p>	<p>What does the word 'resilience' mean?</p> <p>Talk to a family member about how you have shown resilience this year.</p>	<p>Play outside for at least 30 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 Five