

Wellbeing Wednesdays



Say something positive in your household today and every day!☺

Emotions Activity –Worry Monster



Junk model monsters- could be a collaborative discursive activity on a large scale or small, personalised monster. Empower students to decide how they want their monster to manage their worries- they may choose to scribble their worries on paper feed them to the monster and forget about them, they may choose to write down their concerns and share them with a trusted adult.

[Cosmic Kids Zen Den -Mindfulness for Children](#)

Thought Bubbles. Control & Click on the link...

<https://www.youtube.com/watch?v=xUUq0HuSLS0>

[Disclaimer: Durham County Council and Bowes Hutchinson's C of E VA Primary School are not responsible for the content of these websites. Parents and carers are advised to check suitability before allowing children access.](#)

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.

THREE GOOD THINGS THAT HAPPENED TODAY

Blank lined area for writing the first good thing that happened today.

Blank lined area for writing the second good thing that happened today.

Blank lined area for writing the third good thing that happened today.

THERE IS GOOD
IN EVERY DAY ♥

DATE:

Blank box for writing the date.