

Wellbeing Wednesdays



Cosmic Kids Zen Den - Mindfulness for Children

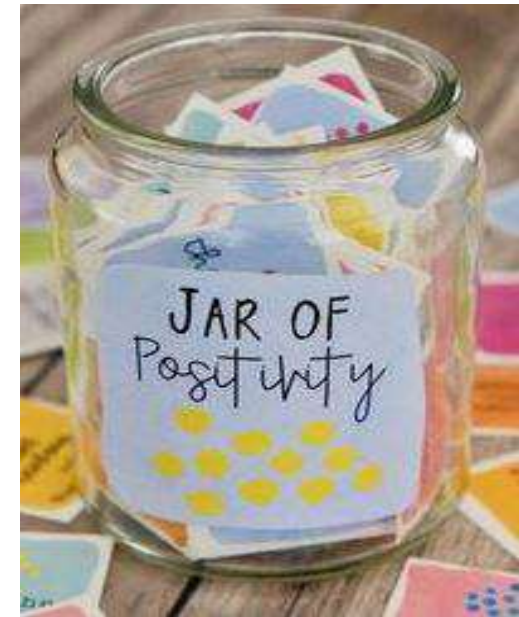
How to beat nerves! Control & Click on the link..

<https://www.youtube.com/watch?v=EJNOsvTnR1k&list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK&index=9&t=0s>

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.

BE BRAVE
BE CREATIVE
BE KIND
BE THANKFUL
BE HAPPY
BE YOU

- 1 — Draw something that makes you happy.
- 2 — Draw something you couldn't live without.
- 3 — Draw someone who helps you.
- 4 — Draw something that makes you smile.
- 5 — Draw something you love to do.
- 6 — Draw something you are thankful for.
- 7 — Draw someone you love.
- 8 — Draw something you think is fun.
- 9 — Draw something that makes you feel good.
- 10— Draw something that makes you laugh.



Think of all things you feel positive about. Put them in a jar as a reminder to yourself.☺