

Wellbeing Wednesdays

There is no one better to be than myself.
I am enough.
I get better every single day.
I am an amazing person.
All of my problems have solutions.
Today I am a leader.
I forgive myself for my mistakes.
My challenges help me grow.
I choose my own attitude.
I'm choosing to have an amazing day.



**a smile
is the
prettiest
thing
you can
wear.**

Hot Cocoa Breathing Sensory Art

Draw a large mug and write in the middle -'Today is a new day'. Underneath write 'I can breathe in my nose to smell the hot chocolate and out my mouth to blow on it. Breathing this way can calm my mind and body.' The children can draw tea/Horlicks if they prefer... You may have already heard of the technique to help children learn deep breathing by allowing them to imagine smelling hot cocoa then blowing on it to cool it off.

Cosmic Kids Zen Den -Mindfulness for Children

The Listening Game. A great way to help children developing their listening skills.

Just control & click on the hyperlink.

https://www.youtube.com/watch?v=uUIGKhG_Vq8

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GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



Be as joyful as....

Be as happy as.....

Date: _____

See the Good

Made me smile 	Goals achieved
I'm grateful for _____ because... 	
Compliments for myself 	My hopes for tomorrow

