

Wellbeing in Lockdown

If you're feeling down, or bored at home, choose one activity which will make you smile!



<p>1) Make a colourful paper chain, on each section write something that makes you happy. Hang this somewhere you can see it whenever you are sad.</p>	<p>2) Draw some stars on a piece of paper and colour them in, then 'send' them to your family or friends with a reason why they deserve a gold star!</p> 	<p>3) Draw round your hand, on each of your fingers write one way you have helped someone recently. E.g. Cheered someone up.</p>	<p>4) Look out of your window or go on a walk, and think of three ways you can see that Winter is changing to Spring.</p> 
<p>5) Write a letter to someone who you miss, this could be a friend from school or family member.</p> 	<p>6) Think of a good joke, or find one online, and tell it to someone who needs to laugh today! Do they have a joke for you?</p>	<p>7) Make an A-Z of things that make you happy.. (A is Angels, B is Birthdays, C is Cake)</p>	<p>8) Make a proud cloud – draw a cloud on a piece of paper and write something you are proud of inside.</p> 
<p>9) Think of yourself as a superhero – what powers would you have? Can you design your own outfit?</p>	<p>10) Clean out an empty jar/bowl/box and make a label. Write all the things you are grateful for on slips of paper and pop them in the jar.</p>	<p>11) Have a five minute disco – put on your favourite song or do some singing, and do your best dance moves!</p>	<p>12) Draw a picture or take a selfie of yourself, write as many things you like about yourself as possible (I like my big smile, I like my kind heart).</p>