

Time for me 5 ways to wellbeing



MAKING A DIFFERENCE

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Connect	Give	Take Notice	Keep Learning	Be Active	Independent choice
<p>Mixing with other classes</p> <p>Learning a new language</p> <p>Sharing a presentation/ facts about ourselves</p> <p>Similarities and differences in the class</p> <p>Team games</p> <p>Board games</p> <p>Writing a letter to someone</p>	<p>Thanking someone</p> <p>Being kind</p> <p>Friendship activities</p> <p>Making things to send to a care home</p> <p>Links to a charity</p> <p>Making gifts for someone</p>	<p>Observational drawings– what can you see?</p> <p>Mediation</p> <p>Taking note of the world around you</p> <p>www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids</p> <p>www.mindful.org/mindfulness-for-kids/</p> <p>Www.positivepsychology.com/mindfulness-for-children-kids-activities/</p>	<p>Learn and follow a new recipe</p> <p>Sudoku/crosswords</p> <p>Exploring new instruments</p> <p>Visiting the library</p> <p>Learning a new activity / hobby</p> <p>Learning about something that can be passed onto the rest of school e.g. recycling, climate change</p>	<p>Sports activities</p> <p>Team games</p> <p>A walk around the community</p> <p>Dancing</p> <p>Gardening</p> <p>Orienteering at forest school</p> <p>Den building</p> <p>Exercise videos</p>	<p>Give children time before the session to think of something they want to do that they enjoy and improves their wellbeing.</p>