

Wellbeing bingo: how many can you complete?

These tasks are to support learning. They are not compulsory but are here to try and provide some possible ideas that you could complete at home if you wish. Choose those which best interest your child and do what works best for yourselves.

<p>Create a menu for a healthy, three course meal. What would you have for starters, main meal and dessert?</p>	<p>Make some cards for people that are special to you or people that you miss.</p>	<p>Tell everybody that you live with something nice that you like about them.</p>	<p>Complete some breathing exercises on go noodle.</p>
<p>Draw pictures of all the things that make you happy.</p>	<p>Follow a recipe to make something that you love to eat.</p>	<p>Make a den in your living room/ bedroom and watch your favourite film while you relax and unwind.</p>	<p>Sing and dance to your favourite song.</p>
<p>Laugh until your cheeks hurt.</p>	<p>Stay hydrated and drink lots of water.</p>	<p>Stretch and calm your body with some yoga. 'Cosmic kids' yoga- youtube'</p>	<p>Play some games with your family.</p>
<p>Spend some time playing in the garden.</p>	<p>Have plenty of sleep to recharge your body.</p>	<p>Draw a picture of all the people you love and that are special to you.</p>	<p>Watch your favourite tv programme.</p>

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!