

Wellbeing at Home

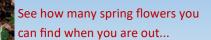
Create a good routine Keep work area tidy

Eat regular meals Do some exercise each day

Every half an hour have a break, stretch and get some fresh air

Remember to be kind

Decide to enjoy what you are doing



Wellbeing activity ideas for families
Wellbeing activity ideas parents-and-carers
https://www.place2be.org.uk/our-services/parents-and-carers/

Website for:

Listen to the birds



Ideas for looking after yourself and your family this holiday



Winter Watch BBC—if you have access to BBC iplayer this is a lovely watch for those who like nature. There are 10 episodes available to watch this school holiday.

https://www.bbc.co.uk/programmes/p012msk2



www.messylittlemonster.com

Why not try this Nature Walk Treasure Hunt, or make your own?