

Lie on your back outside and close your eyes so you can use all of your senses except for sight. Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



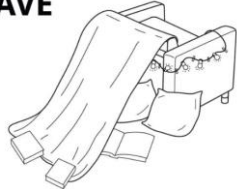
Pick a colouring in sheet. Take some time to colour in the sheet as carefully as you can. Can you keep in the lines?



IKEA have released some amazing ideas for den building. Why not see if you can build a den? Read your favourite book in your new den.

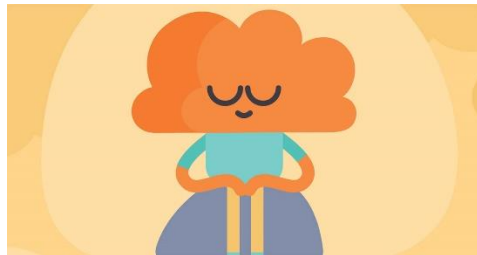
<https://secretmanchester.com/ikea-fort-instructions/>

CÂVE



Wellness Week

This week is half term. Instead of setting formal work we have some wellness activities you might like to try. How many can you do?



Get your household together to play a board game, card game or try to complete a jigsaw.



Did you know taking part in yoga can help you to relax and sleep? Have a go at some of the yoga challenge cards. Can you do it as a family?



Take a moment to think about how you are feeling. Which words would describe how you are feeling?

