

Make a Reading Den

Build a den together. You could share a book inside or have fun with a torch.



Roly Poly Fun

Can you and your family roly poly all the way down a grassy hill?



Dancing

Can you dance around the house to your favourite songs? See if your family will join you for a dance party.



Blowing Bubbles

Can you take deep breaths and blow bubbles all around you? Watch them as they float around and fall.



Wellbeing Week **25th May 2020**

Movie Night

Choose a film to watch with your family. You could make tickets and get snacks just like a cinema.



Have a cuddle

Sometimes a hug makes everyone feel better.



Drawing

Can you draw or colour in a picture? You could draw your favourite toy or a picture of your family.



Memory Jar

Think of all the fun things you've done during lockdown with your family and put them in a memory jar.

