

Wellbeing homework challenge

Be kind to yourself every day:

- Say something positive about yourself - use our positive affirmations!
- Spend a little time every day doing something you enjoy and makes you feel calm - colouring, reading, dancing, playing football in your garden.
- Get plenty of sleep.

Be kind to your family at least once a week:

- Tidy your bedroom.
- Help to make a meal.
- Play a game with a member of your family.
- Remember to say please and thank you.

Once this half term, do something as a family that is kind to your community:

- Go on a family litter pick.
- Donate some old clothing or toys to a local charity.
- Help a neighbour.