

**Home Learning Information**  
**Wellbeing Activities**



Draw around yourself or someone in your family. Write within it the things you notice and love about yourself or someone in your family.

**Face snap:**  
In pairs place your hands over your face and on “go” move your hands to reveal your facial expression. If they match shout, “Snap!”

Indoor bowling alley – stack some plastic cups, plastic bottles or blocks, and create your own bowling alley. Use a ball to roll down and see how many you can knock over.

Make a bookmark to go in your favourite book.

Make a proud cloud – draw a cloud on a piece of paper and fill it with things you are proud of.

For more ideas have a look at Thrive Approach on Twitter or Facebook