

## Home Learning Information Wellbeing Activities



### Stress toys

This exercise releases muscle tension and massages your hands. Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release. Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.

Make a list of things you are good at, highlight anything you have improved in the last 11 weeks. Is there anything you are looking forward to telling your friends about when you are back at school?



Drive-in movie Take a big cardboard box and decorate it to look like a car. Put a cushion inside, sit in front of your screen and enjoy your favourite film, TV show or game.

Dance to your favourite song! Remember this one? I love it, makes me smile he I feel sad. <https://www.youtube.com/watch?v=vDd8-Lw2DL0>

