Here are some ideas for you to choose from over the week to help you with your well-being.

* a free downloadable book aimed at 7-11 year olds: <https://nowandbeyond.org.uk/happy-space>

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| [Downloadable Wellbeing Guidebook – Now and Beyond](https://nowandbeyond.org.uk/happy-space)My name is Nader Dehdashti, one of the founders of preventive wellbeing charity Happy Space.We are thrilled to have collaborated with Beyond to bring every child across the UK, a downloadable wellbeing guidebook filled with tips, tools and activities to support children’s mental health. There are so many fun videos and links your students can keep themselves busy with during lockdown.nowandbeyond.org.uk |

* Ecolockdown challenge:  <https://www.transform-our-world.org/ecolockdown>
* The Wildlife Trusts: <https://www.wildlifewatch.org.uk/>
* <https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/activities-from-the-art-room/>
* Draw with Rob: <http://www.robbiddulph.com/draw-with-rob>
* Choose a room in your house and draw what you can see out of the window
* KS2 <https://canalrivertrust.org.uk/explorers/learning-bundles/wellbeing>
* Online story time at <https://www.booksfortopics.com/storytime-online>
* <https://thehappynewspaper.com/product-category/education/>

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| Write a letter or card to someone special and post it to them |
| Make certificates for members of your household to thank them for what they do for you |
| Have a chat with someone about how you are feeling. Ask them about how they are feeling and really listen. |
| Curl up somewhere comfy with a good book. |
| Go for a walk and take pictures of all the beautiful things that you see on your way.  |
| Do a household job to help your family e.g. tidying or dusting. |
| Play a board game with your family. You could even create your own board game to play together. |
| Make lunch or something to eat for your family. |
| Go for a walk. Breathe deeply and appreciate your surroundings. Use your senses to explore the environment around you. What can you see, hear, taste, touch and smell?  |
| Make something as a gift for someone. |
| Complete some of the active PE challenges: <https://getberkshireactive.org/virtual-school-games> |
| Do some gardening or try and grow some plants. |