WELL BEING

Watch a film, you would not normally watch. Talk about what you thought to the film? How the ending could have been changed? What do you think to the characters in the film?

Plan a meal. You’re going to plan a meal that you would like to cook for your family. Cook the meal one evening with help if you need it.

Learn a new dance. Find a new song to dance to, learn the dance and show it to your family or film it and show it to others.

Getting up. Get up at the same time every day and go to bed at the same time every night. This will make you feel much better.

Going outside. Go outside and collect somethings, like leaves, grass and anything that you can make a picture out of. You would need paper or glue, as you will be making the picture on the ground or on a flat surface. Using the natural things make a picture and then take a photo of your picture and share it with your family and email them to school.