

## Wellbeing Activities: Week commencing 01/02/21

Try the wellbeing challenges below as a break from your blended learning. Take a picture of your completed challenge and send it to [jonesm3417@hwbcymru.net](mailto:jonesm3417@hwbcymru.net) to receive a credit for each challenge you complete.

Monday	Make a bookmark for the book you are currently reading. Write a positive message on it.
Tuesday	Make a huge list of 'happy' words. Turn them into a wordsearch for someone in your family to solve!
Wednesday	Get outside for at least 20 minutes of exercise. This might be going for a jog, walking your dog or completing some yoga.
Thursday	Choose a new language and teach yourself 'Hello, my name is ___'.
Friday	You have just discovered a new island off the Welsh coast. Choose a name for your island and design a flag.