

## Wellness Wednesday

This week is Children's Mental Health Week and during these times it is more important than ever that we are encouraging our children to talk and express themselves.

Wellness Wednesday is all about taking time away from your screens to do things that make you feel good 😊

Choose some activities from the grid below to complete as a family. Post your pictures to Tapestry and might even see yourself see on our Twitter feed.

Put on your favourite music and sing a song	Have a family bake off and judge whose cake is the best!	Teach your family a Tik Tok dance	Build a den or fort (inside or outside)
Dress up in your favourite outfit	<b>Children's Mental Health Week – Express Yourself!</b>		Read your favourite story book and act it out
Draw a picture of yourself and write down somethings you like about yourself	Record a message for one of your friends and post on tapestry. Mrs Roberts will share it with them	Make a boat that will float in the bath and see whose boat stays afloat the longest	Spend some time practising throwing and catching, skipping or hula hooping