

Wellbeing Kit

Wellbeing activities for children up to 11 years old.

Thank you

Make a poster of all the people you are thankful for. For example your teacher, the postman or the person that delivers your weekly food shop. Display in your window!

Be kind

List seven kind things you can do for someone else. Do one from your list each day.



Get active

Make a weekly exercise diary. Include step count or distance walked if you have a tracker.



Feel the beat

Make a playlist of your favourite feel-good music. Spend some time dancing to music from your playlist daily.



Move your body

Try out Joe Wicks' [exercise classes](#) (you could add it to your diary!)

Dance off

Arrange a video call with friends and dance together to each other's playlists.

Mindful view

Draw a picture of what you can see out of your window, or visit a [window from around the world](#). What do you notice, what interests you, what surprises you?

Thirsty work

Are you staying hydrated? Research the benefits of drinking water and track how much you drink a week.

Treat yourself

Try making your very own smoothie – [here are some ideas](#) to start you off.



Enjoy routine

Pick an activity that you enjoy and do it every day. For example riding your bike, playing football or dancing.



Clear your mind

Explore the power of meditation. Try some of [these ideas](#) and find what works best for you.

Relax

Create a [healthy sleeping poster](#) and include some tips for a good night's sleep that you can try.



Please note, underlined text are hyperlinks to websites.

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Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so.

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