

In these challenging times, we understand that the emotional wellbeing of our Pupils and Families may be tested. We would like to support this by suggesting possible daily tasks to ensure that we remain calm and positive, enjoying the simple things in life...



Croftie's Weekly Wellbeing Challenge...



W.B. 22.06.20

Mindful Monday Challenge	Creating Zentagles can provide some much needed mindfulness along with creativity. Click on the link below to find out how to create some Zentangling patterns. You don't need to watch the whole tutorial as it's quite long but you can fast forward to the patterns you find interesting. https://www.youtube.com/watch?v=tXaLQzyjA2U https://youtu.be/CvF9AEe-ozc
Terrific Tuesday challenge	https://www.youtube.com/user/ludovicoeinaudi Close your eyes, listen to this music and paint pictures in your mind.
Wonderful Wednesday Challenge	Create a Family Summer Holiday Bucket List. Think of simple and possible family fun activities that you would like to do over the holidays. Create and design a list and put it up to tick as you complete them over the summer.
Think about it Thursday Challenge	Reflecting on some of the wellbeing activities you have completed over the past few weeks, which have been your favourite and why? Can you plan to try and include them into you own routines. Think about why it is important to you to stop and be present in the moment, which is what all of these activities have been encouraging you do to.
Fantastic Friday Challenge	Using junk materials or household items, can you design and build a boat that will float and carry a full tin of beans? Get creative, get problem solving, maybe get wet...but have some fun.

lazy days
 SPLISH SPLASH SPIOOSH
 rays of sunshine
 ice cream & POPSTICKS
 giggles & smiles
 BURGERS • HOT DOGS • CORN ON THE COB
 TWINKLING STARS
 CAMP FIRES & S'MORES
 SUMMER