

Friday

Choose one or more of the following activities to complete today. You may wish to complete them with a sibling or family member.

1. Yoga Class

Dance Party Yoga

<https://youtu.be/23VdtT0vQUY>

2. Mindfulness Activity

The Hot Air Balloon

https://youtu.be/_3cIVR9CtDY

3. Wellbeing Challenge

My Rainbow Moments

Have a look at this video

<https://vimeo.com/channels/wwb/166080724>

and think of three of your rainbow moments from week. You can record them any way you like for example you could draw your rainbow moments or write some sentences or a poem about your rainbow moments.