

## **Thursday**

Choose one or more of the following activities to complete today. There is an additional attachment for option 3 (“Mantras”).

You may wish to complete them with a sibling or family member.

### **1. Yoga Class**

Harry Potter Yoga

<https://youtu.be/C52wOlqkw2s>

### **2. Mindfulness Activity**

Wind in the Trees

<https://youtu.be/meybCQsTnxM>

### **3. Wellbeing Challenge**

My Mantra Activity

Attached is a pdf of some examples of mantras for children. Here what we mean by mantra is a simple phrase which can be repeated by the child to create a positive state of mind.

Please create your own positive mantra today.