**Tuesday**

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**

Frozen Yoga

<https://youtu.be/xlg052EKMtk>

1. **Mindfulness Activity**

Mindfulness in the Garden

<https://youtu.be/XXbzJ0do50U>

1. **Wellbeing Challenge**

5 Senses Challenge Sitting quietly in your bedroom or the garden can you notice, 5 things you can see, 4 things you can hear, 3 things you can touch/feel, 2 things you can hear and 1 thing you can taste. When you are finished see can you draw a picture of some of the thing you noticed.