

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>

2. Mindfulness Activity

Mindfulness in the Garden

<https://youtu.be/XXbzJ0do50U>

3. 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.