

Wednesday

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

Pokemon Yoga

<https://youtu.be/tbCjkPlsaes>

2. Mindfulness Activity

The Treehouse

<https://youtu.be/ISZcCErKffM>

3. Wellbeing Challenge

Gratitude Scavenger Hunt

1. Find something that makes you happy
2. Something to give someone else to make them smile
3. Find one thing that you love to smell
4. Find one thing that you enjoy looking at
5. Find something that's your favourite colour
6. Find something that you are thankful for in nature