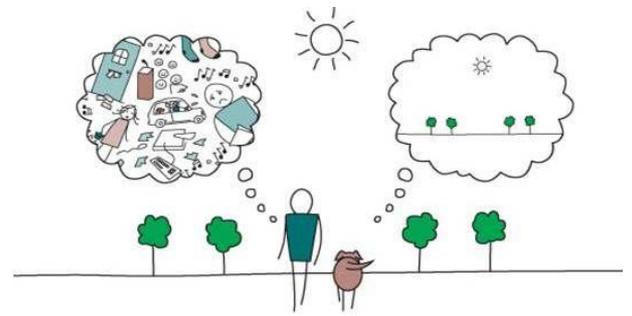


# Wellbeing Menu

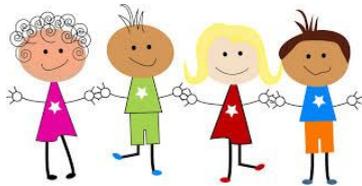


Mind Full, or Mindful?

In times like these, our mental and physical wellbeing is...

*The most important thing!*

Use this wellbeing menu to choose a fun and relaxing activity each day, which will help to keep you mindful and healthy.



Keeping active and giving yourself time to relax and reflect on how you are feeling, will help you to be mindful and healthy.



## Wellbeing Activities to Choose From:



<https://family.gonoodle.com>

Be mindful, sing, dance or meditate on GoNoodle. I would recommend checking out the following channels:



Flow



Think about it



Zumba Kids



Koo Koo Kanga Roo



Follow the link to listen to the Peace Out podcast.

<https://bedtime.fm/peaceout>



Create a gratitude jar. Each day, write something you are grateful for and pop it in the jar!



Do what you can,  
Enjoy what you do,  
Move your mood



Embrace new experiences,  
See opportunities,  
Surprise yourself



Your time,  
your words,  
your presence



Talk and Listen,  
Be there,  
Feel Connected



Remember the simple things that give you joy

# More Wellbeing Activities to Choose From:



Listen to relaxing stories and guided meditations based on much loved characters. <https://www.honeybeekidclub.com/>



Complete a finger breathing exercise. Calmly breathe in and out, as you trace up and down your fingers.



Tune in to this TimeOut recommended podcast - 'WOW in the World'. Listen to American hosts, Mindy Thomas and Guy Raz, answer curious kids' questions. Join them on a journey to discover the wonders of the world around us and learn something new.

<https://www.npr.org/podcasts/510321/wow-in-the-world>



Subscribe to Cosmic Kids Yoga Channel - What will you try?



Will you choose a yoga adventure - a story told through yoga poses? Perhaps you will get active with Harry Potter yoga or Moana, Frozen, Star Wars or Trolls?!



Will you take part in a Zen Den activity, where you can get some calm in your day? Here, you can learn about your feelings, practise breathing techniques to reduce stress and become a happier more present human being.



Will you play a fun and exciting game of Super Yoga where you have to do yoga poses to earn points and complete the game.

<https://www.youtube.com/user/CosmicKidsYoga>

## Additional Links and Ideas

Using pinwheels or blowing bubbles slowly, to practice controlled breathing



<https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/>



<https://www.headspace.com/>



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