

50 ways to boost your Wellbeing if you can't come to School

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

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

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

1. Draw a self portrait
2. Hunt for bugs
3. Build a den
4. Make your parents a cup of tea
5. Plant a seed
6. Change your own bed
7. Dance in the rain
8. Splash in muddy puddles



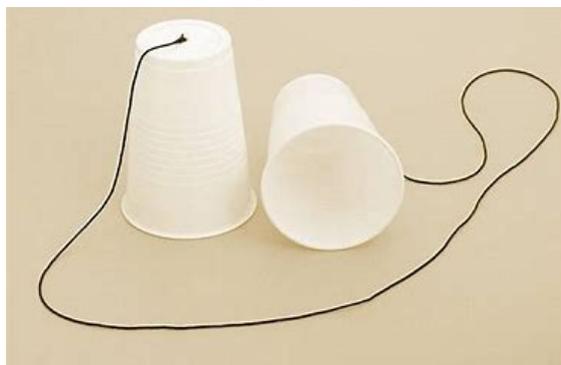
9. Make yourself a meal
10. Make a sock puppet
11. Bake cupcakes
12. Try a new food
13. Read a book
14. Put on a puppet show
15. Make a pompom
16. Learn a new skill
17. Learn to count to 10 in a foreign language
18. Learn to tie your shoe laces
19. Learn to tell the time
20. Call a relative that you haven't spoken to recently
21. Paint a picture
22. Make slime
23. Make playdough



24. Play a board game
25. Learn a magic trick
26. Make a musical instrument out of recycling
27. Do the washing up
28. Make an obstacle course
29. Make a birthday card
30. Take photos of your favourite things
31. Wear your best clothes for no real reason
32. Have a sleep over in your front room
33. Make your own pop-up book
34. Do some exercise
35. Sort out all of the odd socks



36. Create a stop motion video
37. Perform a show
38. Create a dance routine
39. Learn to juggle
40. Do some junk modelling
41. Write a letter
42. Create a treasure hunt
43. Make a paper fortune teller
44. Learn to make an origami animal
45. Learn a new word every day and use it in conversation
46. Make your own string and cup telephones



47. Wrap each other up in a sheet and unroll
48. Learn a new joke
49. Have an indoor picnic
50. Make a hat out of paper.