

Wellbeing w/c Monday 4th May

- Can you do something kind for a person you live with? This might be a hug, telling them you love them, drawing them a picture, tidying up your bedroom without being asked, helping to wash up. The list is endless. We would love to hear about your acts of kindness. How did your kindness make the other person feel?
- Say, or even better write down or draw a picture of three things that have been brilliant about the day. What have you been grateful for today?
- Draw around the hands of all the people in your household on one piece of paper. Decorate them in any way you like. Put the date on and keep as a memory of 2020 lockdown!