



# Wellbeing afternoons- Weds 10<sup>th</sup> Feb, Thurs 25<sup>th</sup> Feb, Fri 5<sup>th</sup> March



Some ideas to enjoy a screen free relaxing afternoon – be ready to share what you did in tutor time

Practise playing an instrument	Relax and listen to music	Play a boardgame or learn a new card game	Do a wordsearch / crossword / sudoku puzzle	Print off some mindfulness colouring activities	Upcycle one of your possessions
Be active: do an online fitness class / some yoga / a walk / a jog / a bike-ride. Or try the TG burnout challenge (PE assignments)	Tidy your bedroom: prepare a donation of unwanted items to a charity shop	Watch out of your window or go outside. Identify (and maybe photograph) at least three different species of birds (RSPB birdwatch)	Bake a cake or biscuits and do a doorstep drop for a friend / neighbour / relative	Learn or choreograph a dance routine and maybe perform to someone in your house	Write a letter to yourself about all of things you are looking forward to doing when lockdown is over
Listen to a mindfulness meditation	Learn how to crochet / knit / bullet journal / do origami	Read a book or listen to an audio book	Handwrite a letter or postcard to a relative and send it in the post.	Make a piece of art out of unusual materials – see Artwork on Toast	Or think of your own screen free activity!

You must have permission from your parents / carers for activities e.g. cooking / leaving house