




# WELLBEING MATRIX

Complete an activity from each category each day to help with your health and wellbeing.

<b>BRAIN BREAK</b> 	<p>Pretend you are bouncing on a trampoline and jump up and down for as long as you can.</p>	<p>Touch your left ear with your right hand and your nose with your left hand. Then switch. How many can you do?</p>	<p>Conjure up a rainstorm! Go outside and dance around. Yell out loud if you need to. Ask for rain...or sunshine if you'd prefer!</p>	<p>Do this round of exercises 5 times through as quickly as you can – 5 jumping jacks, 4 pushups, 3 sit ups, 2 jumps and 1 tree pose.</p>	<p>Imagine you are a witch preparing a magic spell in your large cauldron. Plunge your spoon into the pot and stir around the ooey goey ingredients.</p>
	<p>Stand tall. Slowly roll down, one vertebrae at a time until your hands reach the floor. (it's ok to bend your knees a little!) Take a deep breath and slowly roll back up. Repeat 5 times.</p>	<p>Stand tall. Cross one leg over the other. Cross your arms over at the wrists. Clasp your hands and curl your arms into your chest. Take 3 deep breaths in and out. Now do it the other way.</p>	<p>Lift your left knee and touch it with your right elbow. Now lift your right knee and touch it with your left elbow. Switch back and forth, as fast as you can go.</p>	<p>Stand with feet shoulder width apart and arms stretched out to the side. Bend at the waist and touch your right hand to your left foot and then your left hand to your right foot. Repeat 10 x</p>	<p>Sit in a chair with feet on the ground and legs together. Curl your body into your lap, folding yourself into a tiny O shape. Next open your arms and legs wide, forming an X. Repeat 10 x</p>

<b>MINDFULNESS</b> 	<b>P-2</b>	Choose a mindfulness activity from the Junior School List	Choose a mindfulness activity from the Junior School List	Choose a mindfulness activity from the Junior School List	Choose a mindfulness activity from the Junior School List	Choose a mindfulness activity from the Junior School List
	<b>3-6</b>	Choose a mindfulness activity from the Senior School List	Choose a mindfulness activity from the Senior School List	Choose a mindfulness activity from the Senior School List	Choose a mindfulness activity from the Senior School List	Choose a mindfulness activity from the Senior School List

<b>DINNER DISCUSSION</b> 	<p>What's the 'bestest' time you've ever had?</p>	<p>Do you believe that children should receive an allowance? Why?</p>	<p>How are you a good friend to someone else?</p>	<p>What is your happiest memory?</p>	<p>Name a movie you like and why you like it.</p>
	<p>If you went for a trip in a spaceship, which 3 people would you take and why?</p>	<p>What makes you really happy?</p>	<p>When you wake up in the morning, what is the first thing you do?</p>	<p>Who is your role model?</p>	<p>Who is the bravest person you know? Why are they brave?</p>

