




WELLBEING MATRIX

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

BRAIN BREAK 	Sing the alphabet with names of objects rather than letters.	Inhale for 4 counts, hold your breath for 4 counts and exhale for 4 counts. Do this 10 times.	Jump high - bend your knees and swing your arm up high while jumping. X10. How high can you jump?	Pretend to rollerblade. Lean forward and one at a time push your rollerblades back along the floor. Don't forget to swing your arms.	Stand with feet together. Take a step forward until your back knee almost touches the floor. Return to standing and repeat on the other leg. X 10
	Lie face down on the floor with hands out on the floor. Push up sideways into a surfing position and 'ride the wave'. How many waves can you catch?	Lie on the floor with your favourite teddy on your tummy. Breathe in through your nose and out through your mouth. Watch your teddy rise and fall. X10	Blink with your right eye and snap the fingers on your left hand. Now swap - left eye, right hand. How many times can you keep this pattern going?	Start running in place. Now instead of bringing your legs forward, kick your butt one leg at a time! Keep your arms moving too!	Pretend you're marching in a band. Move both your arms and legs. Then pretend you are playing your favourite instrument. (Maybe a trumpet or drums)

MINDFULNESS 	P-2	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
	3-6	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

DINNER DISCUSSION 	What is your most embarrassing moment?	If you could be any animal, what would you be? Why?	What would your perfect day consist of?	If you could meet anyone, dead or alive, who would you meet?	What is your dream job?
	If you could only eat one food for the rest of your life, what would it be?	What is your favourite book?	Would you rather live on the beach or in the mountains? Why?	If you could star in any movie, what movie would it be? Why?	What is your earliest memory?