




# WELLBEING MATRIX

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

<b>BRAIN BREAK</b> 	<p>Stand and move each of your limbs in a circular motion 5 times. Start with your right arm, then your left, right leg and left leg. Repeat 3 times.</p>	<p>Hop on your right foot 5 times. Then your left. Pump your right fist in the air 5 times, then your left. Combine these two movements together and keep going as long as you can!</p>	<p>Curl up into a tight ball on the ground. As you slowly count to 10, expand until your body is stretched as much as possible. Then count backwards from 10 and curl back into a ball. Repeat 3 times.</p>	<p>Using your hand as a pencil, write your whole name in the air, as large as possible. Now try using your elbow and your knee as the pencil.</p>	<p>Stand behind your chair, holding onto the back for balance. Complete 10 squats, 10 right leg kicks to the side and 10 left leg kicks to the side. Repeat 3 times.</p>
	<p>Sit on the floor with your legs extended. Imagine you are in a rowboat. Pretend you are rowing your boat across a large lake.</p>	<p>Waddle like a penguin around your house.</p>	<p>Take the largest steps you possibly can and walk up and down the driveway 5 times!</p>	<p>Go outside and sit under a tree. Do some deep breathing for 3 minutes.</p>	<p>Run up and down the driveway as many times as you can.</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>FAMILY CHALLENGES</b> 	<p>Play indoor bowling. Line up your drink bottles and try to knock them down.</p>	<p>Create a family artwork together</p>	<p>See if you can come up with a food that begins with each letter of the alphabet</p>	<p>Play a game of charades together</p>	<p>Go outside and lie on the lawn together. Look up and see what cloud pictures you can see.</p>
	<p>Have a 3-legged race in the backyard.</p>	<p>Challenge each other – who can do the most sit ups in 1 minute</p>	<p>Make a batch of biscuits together and deliver them to a neighbor's door- step.</p>	<p>Learn a dance together and perform it. Try the Nutbush, Bus Stop or Birdie dance.</p>	<p>Complete a jigsaw puzzle together.</p>

