




WELLBEING MATRIX

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

BRAIN BREAK 		Pretend you are holding a skipping rope and see how many jumps you can do in 1 minute. Have a rest and try again, trying to beat your score.	Hop 10 times on each foot in every room of your house.	Collect a scrap of paper and a plastic cup. Scrunch up the paper into a ball. Place the cup 5 steps away from you. Try and throw the paper ball into the cup. How many goals can you get in 2 minutes?	Time how long you can balance on one foot, then change and try it on the other foot.	Place a soft toy on the floor. See how many times you can jump over your toy, from one side to the other, in 1 minute. Have a rest and try it again.
		Go outside and crab walk up and down the driveway.	Walk around the house and count how many pairs of shoes there are!	Go outside, lie on your back, and count how many clouds there are.	Play your favourite song and dance around the house to it!	Balance a book on your head and walk up and down the hallway 5 times.

MINDFULNESS 	P-2	Choose an activity to do from the 'P-2 Mindfulness Activities' document on the LPS website	Choose an activity to do from the 'P-2 Mindfulness Activities' document on the LPS website	Choose an activity to do from the 'P-2 Mindfulness Activities' document on the LPS website	Choose an activity to do from the 'P-2 Mindfulness Activities' document on the LPS website	Choose an activity to do from the 'P-2 Mindfulness Activities' document on the LPS website	Choose an activity to do from the 'P-2 Mindfulness Activities' document on the LPS website
	3-6	Choose an activity to do from the '3-6 Mindfulness Activities' document on the LPS website	Choose an activity to do from the '3-6 Mindfulness Activities' document on the LPS website	Choose an activity to do from the '3-6 Mindfulness Activities' document on the LPS website	Choose an activity to do from the '3-6 Mindfulness Activities' document on the LPS website	Choose an activity to do from the '3-6 Mindfulness Activities' document on the LPS website	Choose an activity to do from the '3-6 Mindfulness Activities' document on the LPS website

DINNER DISCUSSION 	If you are bored, what do you do about it?	What is something fun to do that doesn't cost any money.	How can you help make another person's life happier.	What makes you proud?	What do you daydream about?	What do you like about being you?
	What would be a useful invention in the future?	What is the best thing you have learned in life?	If you weren't you, who would you like to be?	What do you do if it's hard to get to sleep?	If you don't agree with your friends about something, do you keep quiet or tell them? Why?	Which is most important: to be wealthy, healthy or famous? Why?

