




WELLBEING MATRIX

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

BRAIN BREAK 	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.	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!	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.	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.	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.
	Sit on the floor with your legs extended. Imagine you are in a rowboat. Pretend you are rowing your boat across a large lake.	Waddle like a penguin around your house.	Take the largest steps you possibly can and walk up and down the driveway 5 times!	Go outside and sit under a tree. Do some deep breathing for 3 minutes.	Run up and down the driveway as many times as you can.

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	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	Choose a mindfulness activity from the Senior School List

DINNER DISCUSSION 	How many funny noises can you make with your body?	The most delicious food to eat is.....	Talk about a special toy you have/had.	What would you like to be able to make?	What are you good at?	If you have a problem, what do you do about it and who can you talk to?
	What do you think about just before you go to sleep?	If you could go anywhere in the world, where would you go?	Do you think you learn from your mistakes? Explain	What game do you like to play?	If you are sad, how do you help yourself feel happy again?	What do you do if you see someone being bullied?

