

During school closures it is important that we all look after our physical and mental health.

The table contains 15 short activities that anyone can complete to help keep them healthy and to focus on something positive.

Pick one activity per day to complete.

BE ACTIVE	GET CREATIVE	GIVE TO OTHERS	BE MINDFUL	CONNECT
<p>Create a dance routine to your favourite song. Teach it to someone in your house hold.</p>	<p>Collect some kitchen utensils e.g. pots and spoons. Use these objects to make your own song. You could create your own band and each use a different kitchen utensil to make different sounds.</p>	<p>Make a card for a keyworker. Thank them for all you're their hard work. Make your own envelope for it too. You could post it to them.</p>	<p>Make a gratitude jar. On small pieces of paper write something you are grateful for and collect them in a jar or box. When you are feeling sad pick one out to help make you smile.</p>	<p>Write a letter to a relative you haven't seen tell them, what you have been doing. You could post the letter or give it to them when you see them next.</p>
<p>Design your own exercise circuit with 5 stations. Each station should involve a different move and you should complete you circuit 3 times.</p>	<p>Using materials from around your house make a fort/den in a room. Spend some time in your fort/den reading or just relaxing.</p>	<p>Ask a family member to give you a job to do everyday. You could tidy your room, organise your toys or help clean a part of your house.</p>	<p>Go outside and lay on the floor, or look out your window. Watch the clouds and see what shapes you can make out of them.</p>	<p>Ring, FaceTime or zoom a friend .</p>
<p>You have 60 seconds to do as many jumping jacks as possible. Each day can you beat your score from the day before.</p>	<p>Get a piece of paper and a pen. Close you eyes and draw a picture without looking or taking your pen of the paper. How did you do? Now your can colour it in.</p>	<p>Pick someone who is special to you. Write down 5 ways they make you smile. When you see them next you can give it to them.</p>	<p>Lay on your back and place an object or a teddy bear on your stomach. Use your breath and see how high you can make your object or teddy bear go.</p>	<p>Think of 5 questions you want to ask someone in your family. Write them down and then interview the person as if you were on the news.</p>