

WELLBEING WEDNESDAYS

WELL BEING WEDNESDAY WEEK FIVE

Thank you so much for the pictures you sent me last week. I really liked your gratitude trees. I hope that you went around thanking everyone all week!

This week we are looking at BEING PROUD! This is Captain Proud, and he can do lots of amazing things. When you do something well, or have a special talent it makes you feel good about yourself. It makes you

feel PROUD. We all have a special talent.



Even Mr Graham! I can take 20 pegs off the washing line using one hand without dropping them! See if you can beat that? In fact, today I might set you a few challenges.

First of all think of two things that you are proud of that you can do. You can write or draw them on the next sheet if you can print it, or just put them on a plain piece of paper.

If you want to, you can do more than two, because I bet you are good at so many things. Once you have done that have a go at some of the challenges, or set yourself some challenges of your own. Remember to always be proud of everything that you do.



Captain Proud



BE PROUD OF YOURSELF!

TWO THINGS I AM PROUD I CAN DO:

[Empty rectangular box for writing]

[Empty rectangular box for writing]



CHALLENGES!

1. If you are right handed try doing everything with your left hand. If you are left handed, try doing everything with your right hand. Cleaning your teeth is so strange when you don't use your dominant hand!
2. Try building a house of cards like this one! You will need a very steady hand!
3. Plan and set up a circuit or obstacle course of simple exercises. Some ideas include jumping jacks, running on the spot, squats, touching your toes, bouncing a ball and hula hooping. Create clear instruction cards for each exercise with a picture. Challenge your family to a 20 minute fitness session.
4. Using Lego, can you build a tower that is at least one metre tall that can support a tennis ball.
5. Drawing your family tree makes a great activity and helps you think about all the different members of your family. This is a challenge that you can do with an adult to help you.
6. Try the blindfold challenge! Put on a blindfold and try to draw a picture - without peeking!



Try this maze challenge, or try to make your own maze, and challenge an adult.

