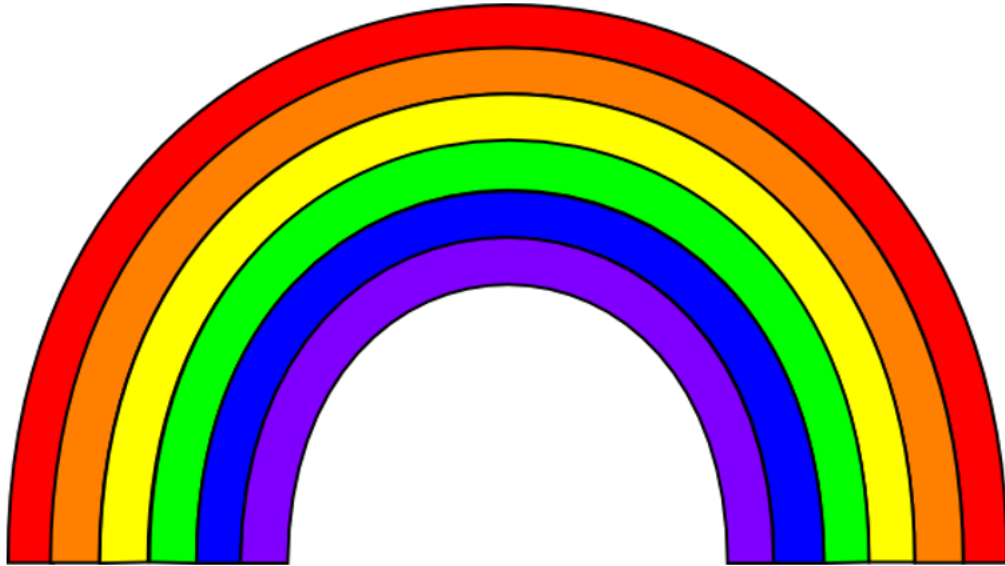


Welcome to Well Being Wednesday



Wednesday 3rd June 2020

Welcome to everyone. This is our first

WELL BEING WEDNESDAY!

How exciting this is!

It is a day when we can look after
ourselves and each other.

It is a day to think and to smile!

Each Wednesday we will provide you with an
activity to do, which we all hope that you will
enjoy. I would really love to see examples of
what you have done.



PLUS I HAVE ALSO PUT AN ASSEMBLY
STORY ON THIS WEB PAGE FOR YOU!

As well as that, we want you to do some physical activity. To get some fresh air and exercise, and to get away from your computer screens.

The weather looks good so get out into the garden and ...

Go on a nature trail. Start at one end of the garden and make your way to the other end.

Make some rubbings.

Make a fairy or dinosaur garden.

Make bird feeders.

Do some bird watching.

Build a bug hotel.

Plant some flowers.

Do a leaf drawing.

Make up your own outdoor game.

**Most important of all take a
moment to SMILE!**