

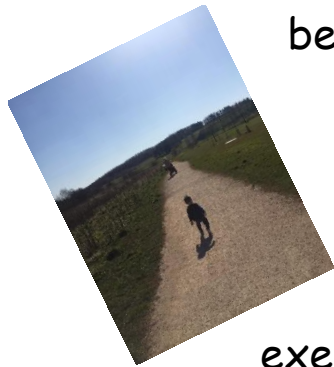
WELL BEING WEDNESDAY
WEEK ONE

You do not need to print anything out.

All you need is some paper, pencil, crayons or felt tips, or even paint!

Proud Cloud

You have been amazing during our lockdown. You have all been doing some amazing things! You have all done amazing things to help those around you. You might have walked up a steep hill during your daily exercise. Or helped paint the garden fence. I have seen some fantastic pictures of things you have done. I have been so proud of you. Now we would all love to hear all about the things you have done that have made you proud.



WHAT TO DO...

On a piece of paper draw a huge cloud, and inside it, draw, write, colour and paint all the things that you are proud of.

You could even do a collage if you want to.

You can even share your Proud Clouds with your friends online. If you fancy, why not write your own 'Proud Song' or rap.

