









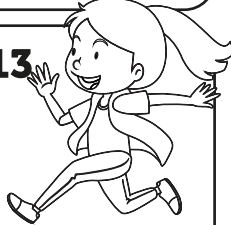
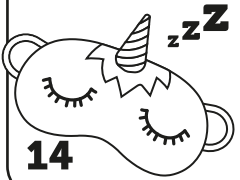





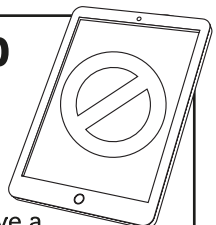
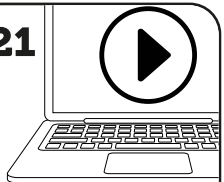





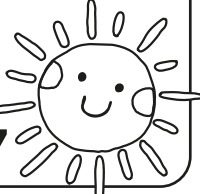
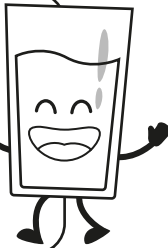


KIDS' zone

Wellbeing Calendar

| | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 Make a paper chain</p>  | <p>2 Cook something healthy</p>  | <p>3 Read a book</p>  | <p>4 Go for a walk</p>  | <p>5 Hello! Hello!</p> <p>Phone a friend or family member</p>  |
| <p>6 Plant some seeds</p>  | <p>7 Check-in with a neighbour</p> <p>Knock, knock!</p>  | <p>8 ahhh!</p> <p>Focus on your breathing for 5 minutes</p>  | <p>9 Make a card</p>  | <p>10 Explore somewhere new in nature</p>  |
| <p>11 Dance to your favourite song</p>  | <p>12 Watch a movie</p> <p>Movie Time!</p>  | <p>13 Get in an extra 30mins of exercise</p>  | <p>14 Go to bed early</p>  | <p>15 Meditate or do some yoga</p>  |
| <p>16 Clean your room or clear a drawer</p>  | <p>17 Write down three positive things you've done today</p>  | <p>18 Plan a trip</p>  | <p>19 Have a relaxing bath</p>  | <p>20 Have a screen-free day</p>  |
| <p>21 Complete an online workout</p>  | <p>22 Do some relaxing colouring</p>  | <p>23 Complete a puzzle</p>  | <p>24 Have a meat-free day</p>  | <p>25 Good job!</p> <p>Cross something off your to-do list</p>  |
| <p>26 Make a healthy smoothie</p>  | <p>27 Get outside for 30 minutes</p>  | <p>28 Drink an extra glass of water</p>  | | |

let's do **MORE**

