

Spinney Hill Wellness Wallchart



Month:

<p>Smile at someone</p>	<p>Read a new book</p>	<p>Do 10 press ups</p>	<p>Let someone new join your game</p>	<p>Do 50 Star Jumps</p>
<p>Eat 5 Fruit and Veg</p>	<p>Help Someone</p>	<p>Skip non stop for 1 minute</p>	<p>Say something nice to someone</p>	<p>Do an Art Project</p> <p>Nice try</p>
<p>Find a calm place</p>	<p>Don't give up</p>	<p>Learn the name of 2 British Trees</p>	<p>Read Together</p>	<p>Try something new</p>
<p>Do 20 squat jumps</p>	<p>Go for a walk</p>	<p>Wear something bright</p>	<p>Find 2 facts about Leicester</p>	<p>Do 5 laps of the playground</p>