

Wellness Wallchart

Based on the 5 steps to wellness (connect/give/keep learning/be active/take notice) we have created a wallchart that give the children ideas to support their health and wellbeing. It could be a good idea to have one in the classroom that the children can see and obtain ideas from this.

1. Smile at Somebody – Try to do this as many time a day as you can
2. Read a new book – Read as much as you can
3. Do 10 press ups – Practice makes perfect, stronger and fitter
4. Let someone new join your game – It will feel really good for both you and them to let them join.
5. Do 50 star Jumps – Healthy heart / Happy life
6. Eat 5 fruit and veg a day – Good for both body and mind
7. Help someone – At home or at school can you help someone complete a task
8. Skip non-stop for one minute – Why not go for longer
9. Say something nice to someone – Help to brighten someone's day
10. Do an art project – Why not get creative (drawing/painting/making)
11. Find a calm place – Take some quiet time to mediate (relax/breathe/think)
12. Don't give up – Keep going even if you find something hard you can achieve it
13. Learn the name of 2 British Tree – Let's earn a little bit about nature. What interesting facts can you find out
14. Read together – Make sure you take the time to read with someone at home (brother/sister/mum/dad/cat/dog)
15. Try something new – Try a new skill / Try a new sport / try a new food
16. Do 20 squat jumps – Let make sure we have really strong legs (they support you)
17. Go for a walk – Some lovely areas in Leicester, can you and your family go out together for a walk, take in the sights and sounds.
18. Wear something bright – It will brighten yours and others day
19. Find out 2 facts about Leicester – What can you learn about the city we live in?
20. Do 5 laps of the playground – Fit and fun