

We are challenging you to complete as many of our wellness challenges as you can! Will you be able to complete them all??

# WELLNESS WEEK 1

## JUNE 2020

Get all your family involved!

### Movement

Create a whacky obstacle course. Use a variety of items to show your skills of hopping, jumping, hula hooping, potato and spoon balancing, crawling under a sleeping bag or a blanket.

Enjoy a walk with a member of your family

Do 20 star jumps in the morning.



### Mindfulness

Do something that makes you happy! E.g. paint a picture, learn a new song, tell a joke, learn how to say something in a new language.

Discuss 5 things you are grateful for.

Give each member of your family a compliment.



### Diet



Make something from our recipe ideas or your own healthy recipe

Hydrate your brain- try and drink more water each day.

Try a fruit or vegetable that you have never tried before



**\*Don't forget to send in all your videos and photographs! We can't wait to see them!! 😊**