

WEEKLY WELLBEING BUILDER



WEEK 1



BEING



COURAGEOUS

STAY MINDFUL

START YOUR DAY WITH 5 MINUTES OF MINDFULNESS

<https://www.youtube.com/watch?>

STAY ACTIVE

GRAB A FAMILY MEMBER AND GET THEM TO JOIN YOU FOR AN INTERACTIVE AND HIGH INTENSITY WALK

<https://www.youtube.com/watch?v=iBAjNQODSVo>

STAY CONNECTED

THINK ABOUT WHO YOU CONNECTED WITH and HOW?

STAY GRATEFUL

LIST 3 THINGS YOUR GRATEFUL FOR THIS WEEK:

SLEEP TRACKER

HOW MANY HOURS SLEEP DID YOU GET?

M. T. W. T. F. S. S.



GET CRAFTY

USE A PIECE OF RECYCLED A4 PIECE OF PAPER TO HAVE FUN WITH THIS JUMPING FROG ORIGAMI.

<https://www.youtube.com/watch?v=1kZjq8f8Mpo&feature=youtu.be>

GET CHALLENGED

JUGGLING BALANCE

ENERGY - MEDIUM
EQUIPMENT - PAPER
DURATION - 1 MIN

ENGAGE IN THIS CROSS LATERAL ACTIVITY TO STIMULATE THE BRAIN FUNCTION AND LEARNING, AND ENHANCE FOCUS AND BALANCE.

STAND ON ONE LEG AND RAISE THE OTHER TO A 90 DEGREE ANGLE WITH YOUR KNEE BENT. HOLD A SCRUNCHED UP BALL OF RECYCLED PAPER BESIDE THEIR HIP, USING THE SAME HAND AS THE SIDE WITH THE RAISED LEG.

THROW THE BALL UP INTO THE AIR NEXT TO YOUR RAISED LEG AND MOVE YOU OTHER HAND UNDER THE RAISED LEG TO CATCH THE BALL.

SWAP LEGS AND REPEAT.

MOOD TRACKER



MY CREATIVE SPACE