

Wellbeing Wednesday

Watch your favourite film or Netflix programme, complete with sweets, popcorn and a hot chocolate, perfect!

Download a book from the school library - try a different genre, you just might love it!

Try the *Duolingo* app to learn a new language - ready for holidays, when we can travel!

Use the *Houseparty* app to have a quiz and catch-up with friends and family.

Have a long bubble bath, listening to your favourite music.

Email or text someone you haven't heard from in a while, it will cheer you up and the other person.

Make a Mindful jar - just find a glass jar, decorate it if you like, write on a post-it in when something good happens to you, fold it up and place it in the jar. Then when you have sad days, you can look back through your notes to remind you of happy things.

Learn how to knit - you could make yourself a bright, stripy scarf.

Do a *PE with Jo Wicks* session on YouTube.