





**Chatelherault Primary School  
Health and Wellbeing Grid  
First Level**



<p align="center"><b><u>Draw with Rob</u></b></p> <p>Rob Biddulph is a bestselling and multi award-winning author/illustrator. Click the link below to draw along with Rob and create some fantastic animations!</p> <p><a href="https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdq">https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdq</a></p>	<p align="center"><b><u>Breathing Buddies</u></b></p> <p>This fun exercise will involve you finding a cuddly toy from home, such as a teddy bear!</p> <ol style="list-style-type: none"> <li>1. Find a quiet, comfortable space.</li> <li>2. Place your toy on your stomach.</li> <li>3. Take deep breaths and watch your breathing buddy move up and down as you breathe.</li> </ol>	<p align="center"><b><u>Happy Memory Jar</u></b></p> <p>Write a special memory on a small piece of paper each day and add it to your jar. Once it is full, you can open the jar and enjoy reading these great memories with someone at home!</p> <p><i>Ask someone at home if they have an old jar at home you could use.</i></p>
<p align="center"><b><u>Read a Story</u></b></p> <p>Choose your favourite story from home and read it to a family member.</p> <p>Tell your family member why it is your favourite book and what you like about it.</p>	<p align="center"><b><u>Health &amp; Wellbeing Experiences and Outcomes</u></b></p> <p>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. <b>HWB 1-06a</b></p> <p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. <b>HWB 1-07a</b></p> <p>I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all. <b>HWB 1-10a</b></p>	<p align="center"><b><u>Act of Kindness</u></b></p> <p>Try your best to carry out an Act of Kindness for friends or family members each day this week! Write down each Act of Kindness you have completed and share it with someone at the end of the week.</p> <p>How did it make you feel? How did it make your family feel?</p>
<p align="center"><b><u>5 Minute Move</u></b></p> <p>Time to get moving! Click the link below to have a go at Joe Wick's energising workouts!</p> <p><a href="https://www.youtube.com/watch?v=d3LPrhIOv-w&amp;list=PLyCLOpd4VxBuxu3sLztrvWFehzv-LnR2c">https://www.youtube.com/watch?v=d3LPrhIOv-w&amp;list=PLyCLOpd4VxBuxu3sLztrvWFehzv-LnR2c</a></p>		<p align="center"><b><u>Mindfulness</u></b></p> <p>Time to relax and cool down. Click the link below and choose a video from the following playlists: -</p> <ul style="list-style-type: none"> <li>• Mindfulness Videos</li> <li>• Super Yoga</li> <li>• Guided Relaxation</li> </ul> <p><a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p>
<p align="center"><b><u>Proud Clouds</u></b></p> <p>It's always important to think about all the strengths we have and what makes us proud to be us!</p>  <p>Create a proud cloud for each heading:</p> <ol style="list-style-type: none"> <li>1. I am really good at...</li> <li>2. I felt proud when...</li> <li>3. I feel happy when...</li> </ol>	<p align="center"><b><u>Cloud Cartoons</u></b></p> <p>Find a comfortable space outdoors and have a look up to the clouds. Can you create a cloud cartoon like this one?</p>  <p>You could even take a photo of your cloud and show it to a family member!</p> <p>Be as imaginative as you can!</p>	

