

### CREATE A FAMILY LOCKDOWN JOURNAL

<https://www.citykidsmagazine.co.uk/2020/04/22/how-to-keep-a-family-lockdown-journal/>

A useful way of everyone recording how they are feeling and coping.



### VIRTUAL HIKING

Fancy being whisked away somewhere? Don't forget to walk on the spot whilst watching!

<https://www.youtube.com/watch?v=-owKzMyfRA> (Banff, Alberta, CANADA)

<https://www.youtube.com/watch?v=EaQr917IRgl> (pyramids of Giza walking tour, EGYPT)

<https://www.youtube.com/watch?v=lpo62RjldVA> (Positano, ITALY)

<https://www.youtube.com/watch?v=SYIEFSP8Hy0> (Wailea Beach Path, Maui, HAWAII)

<https://www.youtube.com/watch?v=yWbR6N5tYaQ> (Bryce Canyon, Utah, USA)

<https://www.travelandleisure.com/trip-ideas/nature-travel/virtual-walking-trails-around-the-world>

### Coopersale & Theydon Garnon CE Primary School

#### Wellbeing and relaxation for the Half-Term

### YOGA

Go on a journey to Arendelle with Elsa & Anna!

<https://www.youtube.com/watch?v=xlg052EKMtk> (Ages 5-8)



<https://www.yesfutures.org/resources-for-parents>



Often when we eat our food we can go on autopilot and stuff our faces as quickly as possible. Getting involved in the preparation of food helps you to appreciate it more when you do eat!

*During the week, I will help to prepare the evening meal at least \_\_\_\_\_ times. When I eat, I will switch off distractions, pay attention to what I'm eating, and enjoy it.*



Listen to these short stories that help children calm down and relax by guiding them through visualisation and breathing exercise. <https://bedtime.fm/peaceout>

### THE 7 DAY KINDNESS CHALLENGE!

<https://www.bbc.co.uk/bitesize/articles/zrh26v4>



This website gives you the resources to look after your mind as well as giving ideas for a restful sleep.

<https://www.headspace.com/barbie> (ages 6-8)

<https://www.headspace.com/meditation/meditation-for-beginners>

<https://www.headspace.com/sleep/sleep-by-headspace>



<https://www.youtube.com/user/cirquedusoleil/videos>

## Bringing The Zoo To You

<https://www.colchester-zoo.com/bringing-the-zoo-to-you/>

### FOR THE ADULTS

<https://10daysofhappiness.org/>

Please pass on to your families and urge them to get involved. 10 Days of Happiness is a free online coaching program which guides people through daily actions for happier living, all based on the latest research. The actions can be done anywhere, even for those self-isolating at home.

**ACTION FOR HAPPINESS**