



## Health and Well-being - Foundation Phase



Choose one of the activities from the grid to make you feel happy. Let us know how you get on, we would love to see a photo!



Paint a picture	Go on cosmic kids yoga on You Tube	Make some cupcakes	Make a card for a special friend or family member	Listen to music and have a dance
Learn how to play a new game	Be creative with playdough	Watch your favourite TV programme or movie	Build an inside den	Play a game outside
Make your own bookmark	Build something with Lego	Play with a pet	Complete a jigsaw	Sing
Learn how to make a sandwich	Put on a fashion show for your family	Have a teddy bears picnic	Listen to a story	Do some gardening

