

# Wellbeing Kit

Wellbeing activities for children up to 7 years old.

## Be active

Sing 'heads, shoulders, knees and toes' or another action song.

## Feel calm

Lie down on the floor with an adult, close your eyes and let the adult describe a happy time that you have shared together.

## Spend time outside

Pretend to blow out the candles on your birthday cake 5 times and breathe fresh air in and out.

## Digital detox

Challenge yourself to have a whole weekend day without any electronics.



## Eat well

Make a fruit kebab by putting an assortment of fruit on a stick.



## Pamper yourself

Ask an adult to run you a bubble bath, bring all the water-safe toys you have, play with these together and have fun with the bubbles.

## Enjoy special time

Share a goodnight cuddle while an adult reads you a story in your bed.

## Enjoy routine

Introduce some music time into your day. Stream a new or old song you love.



## Positive touch

Enjoy a hug while an adult watches your favourite TV programme with you.

## Mindful time

Tell an adult:  
5 things you can see  
4 things you can touch/feel  
3 things you can hear  
2 things you can taste  
1 thing that you can smell.

## Be creative

Use your recycling waste to create something new for 2021.

## Sleep well

Make a dreaming den with a blanket, a pillow and a teddy and have a nap.



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