Wellbeing Grid

Choose some activities from our Flexi Friday Grid to make a fun and mindful end to your week. We can’t wait to see what you enjoy. Submit your pictures to our school facebook page.

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| **The great outdoors**  Ant Cartoon Insect - Free image on PixabayFind a way to explore in nature. It may be a bush walk, walk around your backyard looking for living things or a stroll around the block. | **Movement**  Go online and complete a “go noodle” guided dance or a “Just dance” routine. Always remember to be safe and warm up your body first.  [GoNoodle | Guided Dance](https://www.gonoodle.com/tags/0YZ0G2/guided-dance) | **Cooking**  Find a new recipe and cook up a storm in the kitchen. Then the best part, eat it and enjoy.  Japanese chef cartoon with cute sushi art illustration 1936408 Vector Art  at Vecteezy | **Origami**  Can you try the craft of Origami. You may make a paper aeroplane and see how far it files or get super creative and learn a more difficult origami pattern from online. |
| **Draw, colour or sketch**  Try drawing your favourite cartoon, a family member, a pattern or something you see in your garden. You may even find your favourite picture or pattern to colour in. | **Lego**  Sorry, But the Perfect Lego Brick May Never Be Eco-Friendly | WIREDUse your lego, building blocks or other creative material in your house to build something that goes on water. | **Board and Card Games**  Enjoy playing a board or card game with your siblings or family. Remember to be a fair and respectful player. | **Photography**  Photographer Smiley | Symbols &amp; EmoticonsUse a camera, phone or device and take some artistic photos of your favourite subjects. |
| **Yoga**  Visit the Cosmic Kids Yoga website and practise your Yoga skills.  [Home - Cosmic Kids](https://cosmickids.com/)  Home - Cosmic Kids | **Gratitude**  Write down or tell someone 5 things you are thankful for this week. | **Sensory**  Spend time playing with a sensory toy. This may be playdough, kinetic sand, pop it, sandpit, slime or dirt/mud.  The BEST Slime Recipe Without Borax | How to Make Slime Without Borax | **Sidewalk drawing**  Using chalk or a paintbrush with water draw some wonderful patterns and designs on your driveway or sidewalk. |