




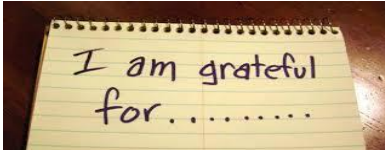








Key Stage 4 & 5 Well-Being Activities

Please find below several well-being activities that you could complete on our 'screen free' day.

You may also wish to complete some of your own. Please share with your tutor what you have been up to.

<p style="text-align: center;">Bake or cook a meal</p> 	<p style="text-align: center;">Play a board game</p> 	<p style="text-align: center;">Create a vision/focus/goal board</p> 
<p style="text-align: center;">Take time to read a book, magazine, comic or newspaper</p> 	<p style="text-align: center;">Write and post a letter to a friend/relative. Or Create a care package for a friend /loved one/self</p> 	<p style="text-align: center;">Create a list of things you are grateful for</p> 
<p style="text-align: center;">Learn a new skill – juggling, sewing etc</p> 	<p style="text-align: center;">Listen to the radio/a podcast.</p> 	<p style="text-align: center;">Complete some mindfulness activities these could include: colouring in, a wordsearch or sudoku</p> 
<p style="text-align: center;">Get out in the fresh air – walk, run, bike etc</p> 	<p style="text-align: center;">Play cards</p> 	<p style="text-align: center;">Offer to help someone – maybe a younger sibling. Teach them a new skill</p> 

We are also mindful that some students may wish to continue with their academic studies which is understandable. We would advocate though where possible you take some time away from your screen