



WELLBEING ACTIVITIES



FABULOUS ME!
Draw or describe in the shapes below, all the things that make you fabulous!

WHAT DOES HAPPY LOOK LIKE?
Draw or describe what happiness means to you.

TREE OF THANKFULNESS
Write something that you are grateful for on each branch & on the tree. Can you fill the tree?

TREE OF THANKFULNESS
Write something you are grateful for on each leaf. Cut them out and stick them on the tree.

WELLBEING IDEAS
Below are lots of activities we can all try that are all wellbeing. Colour in the ones you like to do. Think of something you don't normally do.

MY WELLBEING
Draw or describe all the things you can do that are all wellbeing.

WELLBEING PINGO
Try and complete 1 activity in each box each week. Colour in the boxes as you complete them.

Make a giant smiley face for someone to make them smile.	Take an art break about your day.	Think about or write your happy place.	Take my medication.	Try some new things.
Get a piece of fruit.	Learn how to juggle or jump rope for 10 minutes.	Go to the library and read a book.	Have a drink of hot water with lemon.	Write a letter to someone.
Ask a teacher or grown-up to write a note.	Do a helpful job for someone.	Have a list of things you are grateful for.	Go to the park or garden.	Take a walk.
Learn your favourite words.	Learn to write something new and someone.	Have a glass of water.	Go to the park or garden.	Take a walk.
Have a drink of the things you have done well on.	Write a letter to someone.	Have a glass of water.	Go to the park or garden.	Take a walk.

WOLFIE'S RESOURCES

FREEBIE

Nutrition In Health And Well Being Activities Manual

Kathleen Armour



Nutrition In Health And Well Being Activities Manual:

Reviewing **Nutrition In Health And Well Being Activities Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Nutrition In Health And Well Being Activities Manual**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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