

Thrive activities w/c 1st March

Day	Activity	Books
Mindful Monday	Collect natural objects, such as leaves, sticks, flowers and stones. Then create your own mandala.	Nature Walk Mandalas https://youtu.be/huUUCf9IcPc Colouring pages. https://www.justcolor.net/relaxation/coloring-mandalas/
Wellbeing Wednesday	Play an emotions game. Draw lots of different emotions on to paper, cut into squares and then turn these all over. Choose a square, but don't look, stick this to your head and ask questions to find out which emotion you could be.	The Emotions Book https://youtu.be/jl8G2jiSNA0 A Little Spot of Feelings - Emotion Detective https://youtu.be/YC3SQnoggjM
Feel good Friday	Have an indoor picnic. Create a den with sheets and cushions. Make some picnic food with a grown up to take in with you. You can always get your favourite toys to join you.	The Bears' Picnic https://youtu.be/V0TQlloYWAo Fort Building Time https://youtu.be/EMPt22t_tKM The Little Red Fort https://youtu.be/M5LFCZggG7I