

FOR ALL PROSPECT STUDENTS

# WELLBEING WEDNESDAY

## Wednesday 3 February

Choose one or more of these activities to try on Wellbeing Wednesday

 <b>Discover your artistic self</b> draw, paint or create	 <b>Get out and ride your bike</b> with your families	 <b>Run or walk a mile</b> or go further if you can! Download an app to measure your distance
 <b>Talk to somebody</b> Your friends, family or neighbours on the phone or in person	 <b>Look up and cook a recipe</b> from a country you love. Cook it with the aid of an adult.	 <b>Play a board game</b> with your siblings – they are not just for Christmas!
 <b>Take out that instrument</b> you might have lying around – try learning a new song	 <b>Sing loudly and dance</b> (like nobody is looking!)	 <b>Do mindfulness and meditate</b> Download an app – listen and relax and follow the instructions
 <b>Dive into a good book</b> one you have had for a while and never opened or an old favourite – but remember a 'real book'	 <b>Walk or run with your dog</b> Remember to be careful – especially if you run	 <b>Watch a funny film</b> Watch an old favourite or a comedy
 <b>Write a positive note to yourself</b> Write about why you are proud of yourself	 <b>Decorate or paint furniture</b> Remember to seek permission first	 <b>Stretch by doing Yoga</b> Have it playing alongside you as you learn how to relax

Most of all, relax and have some fun!

Please send your photos to: [prideinprospect@prospect.reading.sch.uk](mailto:prideinprospect@prospect.reading.sch.uk)