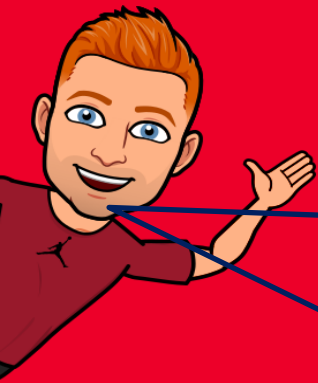


Home Learning Activities – Wellbeing



Hi everyone! Hope you are all keeping well and staying active at home.

This week is all about wellbeing.

Find a calm, comfy space and enjoy!

Share your pictures and videos with us @LittleSportsCoaching

Finding a calm space:

- Sit down, cross your legs, and close your eyes.
- Think of a space where you feel calm and safe.
- This could be on holiday, a football pitch, or a den.
- Pretend you are in this space and start breathing in and out slowly and deeply.
- Do this for 3 or 4 minutes.

What can you see?

- Now you have found your clam space, what can you see there?
- Think about where you are and what you would be able to see. For example, if you are in a play room you may find toys.
- If its an object that you can touch then slowly pretend that you are touching it with your body. For example if it's a toy then can you start playing with it with your hands?

Home Learning Activities – Wellbeing

How do you feel?

- In your space, how do you feel? Are you happy? Calm?
- If you are sad or angry then think of another space
- Spend 3 or 4 minutes thinking about what makes you happy and calm.

Reflection:

- When you have finished, make sure you write down your journey.
- Start with where you went then talk about what you saw and how you felt.
- Now think about what really makes you happy.
- Can you go somewhere new next time that would make you even happier?