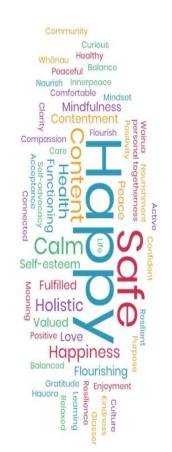
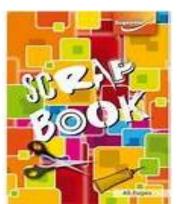
USA WELLBEING CALENDAR

MONDAY	WEDNESDAY	FRIDAY
Check in on ClassCharts © / Celebrate successes	How many lunges in 30 seconds.	Listen to music (different styles – decades –
Choices / Discussion / Would you rather		genres)
Check in on ClassCharts © / Celebrate successes	Run / jog on the spot.	Reach out to someone / be kind.
Drawing / Colouring / Doodles		If in school speak or talk to someone different or new at lunch.
Check in on ClassCharts © / Celebrate successes	Reading / Story Time	Free Choice of activities e.g.
Pictionary		restful breathing / meditation
Check in on ClassCharts © / Celebrate successes	Fitness challenge / plank challenge	Quiz Time
Jokes	Mountain climbers	
Check in on ClassCharts © / Celebrate successes	Yoga	Choices / Discussion / Would you rather
Fact Challenges / Teach Miss		
Potts something new	Birthday Celebration	ons









7A- USA – Wellbeing Scrap Book



2021



Lunges in 30 seconds 13-1-2021

Top Score – MB -27 Miss Potts – 14 ⊗





Reading Thursdays We are reading:

