



Wickham's Wellness Calendar



APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Get active- spend time taking part in an exercise video!</p>	<p>2 Take notice- Create a jar of 'things you miss' (that you will do when this is over. Write down one thing you miss on a little piece of paper and add it to the jar.</p>	<p>3 Get connected- Write a letter/ note to a friend you haven't seen in a while.</p>	<p>4 Give thanks- thank someone in your house. You might make them a thank you card or simply thank them for helping you with your home learning.</p>
<p>5 Get active- learn a dance routine. Maybe simply create a new fornite dance move or a sequence of steps to your favourite song</p>	<p>6 Take notice- take notice of how you are feeling. Paint/ draw a picture with the colours that describe your mood.</p>	<p>7 Keep learning- Learn to count to ten in a different language!</p>	<p>8 Take notice- add another thing that you miss to your jar!</p>	<p>9 Give thanks- Count your blessings- what are you grateful for today?</p>	<p>10 Get active: Cosmic yoga on a theme of your choice (there are loads from Minecraft to frozen!)</p>	<p>11 Get active- Play Miss Wheeler's active noughts and crosses in the garden or the living room (on school website)</p>
<p>12 Take notice- Reflect on Easter Sunday and what it means. Think about the characteristics that you share with Jesus, as you are protecting our nation's people right now by staying home.</p>	<p>13 Get connected- Spread joy to your neighbors and blow bubbles out the window (or in the garden) and see how many houses they can travel past.</p>	<p>14 Get active- Dress up in the most silly and outrageous outfit for the day! See if the adults at home will join in.</p>	<p>15 Take notice- Build a blanket fort to create a quite space for yourself to relax in. Make it as cozy as possible!</p>	<p>16 Take notice- add another thing that you miss to your jar!</p>	<p>17 Get connected- Have a phone call with someone you miss. Tell them about all the wellness activities you have been doing and your learning.</p>	<p>18 Keep learning- Help your adult cook dinner tonight! Learn a new cooking skill.</p>
<p>19 Take notice- Think about all the things you are getting to do as a family that you don't usually get to do. Think of another activity you could do as a family today!</p>	<p>20 Get connected- Can you teach your family a talent such as flip cup or how to juggle some fruit?</p>	<p>21 Get active- Get your grown ups to set up an obstacle course. Time yourself to see if you can complete it as fast as you possibly can!</p>	<p>22 Take notice- spend 10 minutes looking around your garden, or through your window, name 5 things you notice in nature</p>	<p>23 Get connected- Send your school a message to tell them one thing you have enjoyed doing at home</p>	<p>24 Keep learning- Play a game of hangman against someone in your house!</p>	<p>25 Take notice- add another thing that you miss to your jar!</p>
<p>26 Take notice- Take photos of all the things in your house that bring you joy</p>	<p>27 Get active- keep your mind active by completing a puzzle! Or, make your own puzzle for someone else to put together!</p>	<p>28 Take notice- Play a mindful game of touch. Have your adult put a bunch of mystery items in a bag and take turns to feel and guess the objects.</p>	<p>29 Get active- Take part in some online yoga or have your adult download the 'headspace' app and do some meditating breathing exercises.</p>	<p>30 Give thanks- Make a gift, or write a poem to someone you are thankful for.</p>	<p>Wherever the river flows...</p>	