**Wellness Wednesday**



**Complete one of the following activities *(or as many as you like!)***

* **Try the Take 5 Breathing Technique**
* **Try this guided Affirming and Accepting myself Visualisation**

<https://soundcloud.com/user-547419318/affirming-and-accepting-myself-visualisation-for-children-guided-by-ciara>

* **Complete a Wellness Diary ( see template attached) or create your own**
* **Create a Sensory bottle ( see instructions attached)**



* **Eat something healthy that you love today and notice how good it feels to nourish your body**
* **Take time to do something that makes you happy today- ride your bike, play with your favourite toy , sing a song**

