Wellbeing Wednesday Menu

**How many of the following activities can you complete today? Make sure you upload your pictures/videos to Dojo!**

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| **Go on a nature walk**Encountering Nature: Outdoor Walks to Reduce Stress and Increase Focus in  Students | Faculty Focus | **Do some yoga**Bringing Yoga for Kids to Life with Cosmic Kids Yoga - Yogamatters Blog | **Play a board game**Amazon.com: Hasbro Monopoly Replacement Board: Toys & Games |
| **Bake a cake** How to make a gravity-defying cake | Tesco Real Food | **Read a book** Reading novels boosts your empathy and tolerance for others | **Complete a Joe Wicks Workout** Joe Wicks' family homes in London and LA are EPIC - see inside | HELLO! |
| **Complete some North Yorkshire Sport Challenges**  | **Build something out of Lego** LEGO IDEAS - The Ultimate Animal Collection | **Do something you enjoy doing!**  |

**YouTube - Cosmic Kids Yoga**

* **Joe Wicks Workouts (15 minutes)**
* **North Yorkshire Sport -** [**https://www.northyorkshiresport.co.uk/simple-at-home-activities**](https://www.northyorkshiresport.co.uk/simple-at-home-activities)