

WELLBEING FOR KIDS



CONNECT

Connect with other people and write a list to:

Ask them how they are doing

Share what you have been learning

Draw them pictures

Send them photos

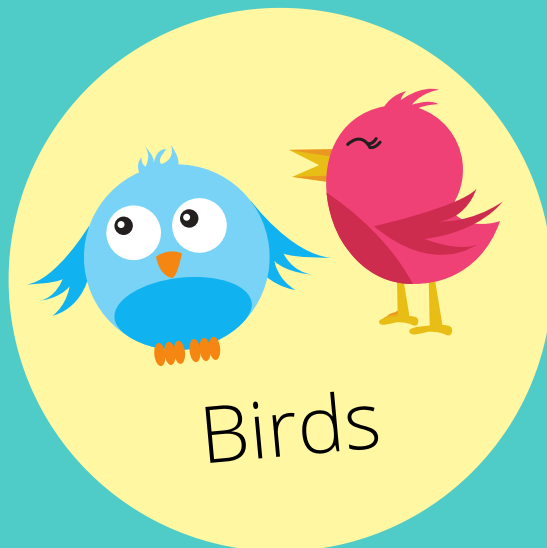


BE MINDFUL

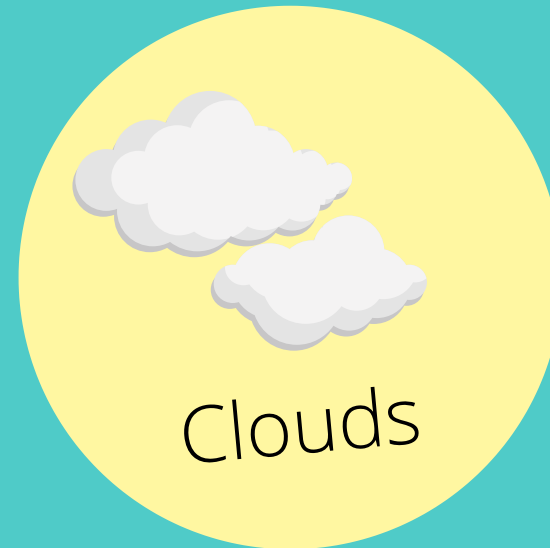
Pay full attention, slow down and notice what you are doing and is around you



Trees



Birds



Clouds



Moon & Stars



TRAVEL THE WORLD

Find out about other people and visit the world from home

What animals live there?

Which continent is it?

Other interesting facts

What do they eat?

What is the climate like?



KEEP LEARNING

Try some new skills that will help in everyday life



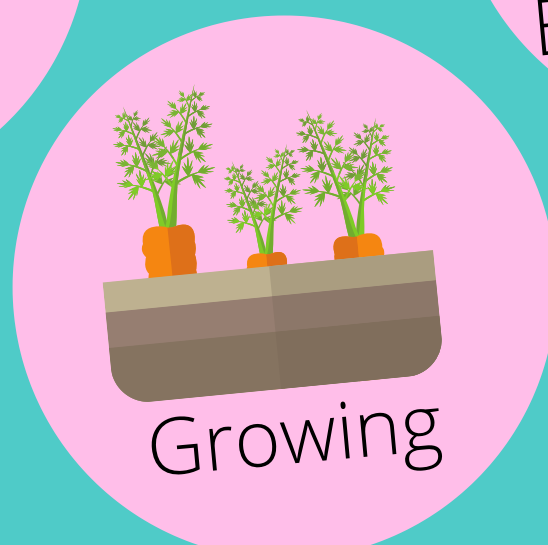
Cooking



Experiment



Games



Growing



Reading

