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| Ask your family if they will go for a walk with you. You could take your pet or your favourite toy too!  hiking | Create a poster about how you show the school values.  **R**espect  **O**ptimism  **C**are  **C**ollaboration | Build a for or a comfy spot to read for 20 minutes.  Bitmoji Image |
| Do something for a family member.  Eg. Tidy up, hang out the washing, sweep, cook a meal, wash the dishes.  baking | Wellbeing Thursday  lotus pose | Go outside and look for shapes in the sky. How many different shapes could you see?  Cloud Shape HD Stock Images | Shutterstock |
| Play a board game with your family members  C:\Users\09894457\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\72375862.tmp | Act out a scene from your favourite book.  C:\Users\09894457\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6DD5F6C0.tmp | Find a song that puts you into the green zone.  C:\Users\09894457\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A1064ACE.tmp |