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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 Thursdaylotus 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 membersC:\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 |