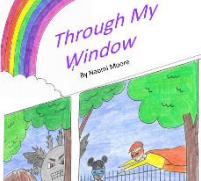




Well-being Activities



Activities to promote well-being.

	https://www.gestaltartscounsellingandpsychotherapy.co.uk/wp-content/uploads/2020/04/through-my-window-by-naomi-moore.pdf This link will help you to process feelings, thoughts and worries using pictures. Thanks to South Somerset Partnership school for these great ideas.
	Well-being activities: press CTRL + click on the picture below to follow the link. 
	https://www.cumbria.gov.uk/eLibrary/Content/Internet/537/17241/17244/4347311471.pdf Thanks to Cumbria County Council for these helpful and fun breathing techniques.
	Press CTRL + click on the picture below for mindfulness activities to help and support the mental and physical health of all children. 