



# Go Wellness - Relax and Think

**01** Take part in a yoga session with Yoga Mike [www.yogamike.co.uk](http://www.yogamike.co.uk)

1 2 3 4 5

SCORE/  
TIME

**13** Try some breathing exercises

1 2 3 4 5

SCORE/  
TIME

**02** Design an Olympic mascot, draw it and make it if you can

1 2 3 4 5

SCORE/  
TIME

**14** Share some jokes with someone and really make each other laugh

1 2 3 4 5

SCORE/  
TIME

**03** Write an A to Z of Olympic sports

1 2 3 4 5

SCORE/  
TIME

**15** Read a story book and have some quiet time

1 2 3 4 5

SCORE/  
TIME

**04** Make an Olympic torch using recycled objects

1 2 3 4 5

SCORE/  
TIME

**16** Make a healthy snack

1 2 3 4 5

SCORE/  
TIME

**05** Draw around your hand - use the outline to create a sporty picture

1 2 3 4 5

SCORE/  
TIME

**17** Drink a glass of water

1 2 3 4 5

SCORE/  
TIME

**06** Make a rainbow out of household objects

1 2 3 4 5

SCORE/  
TIME

**18** Do some mindful colouring in

1 2 3 4 5

SCORE/  
TIME

**07** Make a map of your house - hide treasure at X and write some clues for someone in your house to go on a treasure hunt

1 2 3 4 5

SCORE/  
TIME

**19** Sing your favourite song, change the words to make up your own version of it

1 2 3 4 5

SCORE/  
TIME

**08** Paint a rock and hide it for someone to find

1 2 3 4 5

SCORE/  
TIME

**20** What are you grateful for today - write a list

1 2 3 4 5

SCORE/  
TIME

**09** Rediscover and play an old board game

1 2 3 4 5

SCORE/  
TIME

**21**

1 2 3 4 5

SCORE/  
TIME

**10** Can you make your own board game with a health and fitness theme?

1 2 3 4 5

SCORE/  
TIME

**22**

1 2 3 4 5

SCORE/  
TIME

**11** Send a message to someone you haven't seen - electronically or you could write them a letter

1 2 3 4 5

SCORE/  
TIME

**23**

1 2 3 4 5

SCORE/  
TIME

**12** Look out of the window and draw what you see

1 2 3 4 5

SCORE/  
TIME

**24**

1 2 3 4 5

SCORE/  
TIME