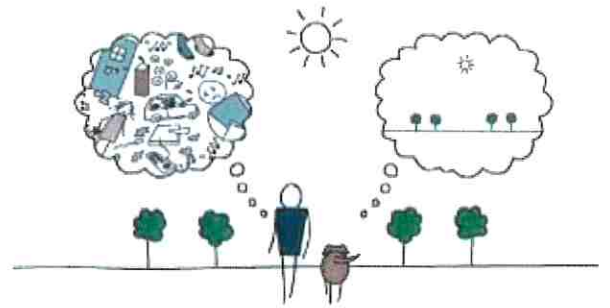


# Wellbeing Menu

In times like these, our mental and physical wellbeing is...

***The most important thing!***

Use this wellbeing menu to choose a fun and relaxing activity each day, which will help to keep you mindful and healthy.



Mind Full, or Mindful?

Keeping active and giving yourself time to relax and reflect on how you are feeling, will help you to be mindful and healthy.



## Wellbeing Activities to Choose From:



<https://family.gonoodle.com>

Be mindful, sing, dance or meditate on GoNoodle. I would recommend checking out the following channels:



Flow



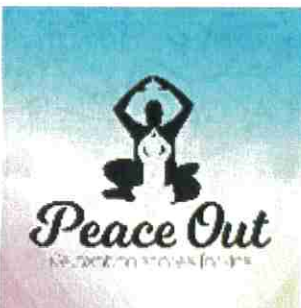
Think about it



Zumba Kids

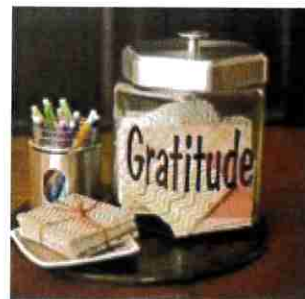


Koo Koo Kanga Roo



Follow the link to listen to the Peace Out podcast.

<https://bedtime.fm/peaceout>



Create a gratitude jar. Each day, write something you are grateful for and pop it in the jar!

Be Active

Do what you can.  
Enjoy what you do.  
Move your mood

Keep Learning

Embrace new experiences.  
See opportunities.  
Surprise yourself

Give

Your time,  
your words,  
your presence

Connect

Talk and Listen.  
Be there.  
Feel Connected

Take Notice

Remember the simple things that give you joy