

Spring well-being

Activities

PLAY YOUR FAVOURITE MUSIC AND
DANCE ALONG

GO FOR A WALK, BIKE OR SCOOT AND
SEE WHAT FLOWERS YOU CAN SEE
STARTING TO BLOOM

WRITE DOWN 5 THINGS THAT MAKE
YOU FABULOUSLY YOU

MAKE A CARD OR DRAW A PICTURE TO
TELL SOMEONE HOW MUCH YOU LOVE
THEM

DO SOMETHING NEW – TRY A NEW
FOOD OR ACTIVITY OR VISIT A NEW
PLACE

WRITE DOWN 3 THINGS THAT YOU ARE
GRATEFUL FOR
HAVE FUN!



WE'D LOVE TO
SEE YOUR
PHOTOS!

Ask an adult to help
you send us a photo of
one of the well-being
activities you have had
fun completing!

Please send your
photos to:

[WoodthornePrimary.G
roupEmail@wpolverha
mpton.gov.uk](mailto:WoodthornePrimary.GroupEmail@wpolverhampton.gov.uk)

Or tag us
'Woodthorne Primary
School' on Twitter!

