



Wellbeing Menu



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Write down how
you are feeling

Complete a feelings diary. Draw or write down how you're feeling at the moment.



Talk to a friend
online

It doesn't have to be online but talking to friends and family is really important whilst we can't be together. Give them a ring or write them a letter.



Take some deep
breaths

Sit somewhere quiet and calmly breathe some deep breaths. It can sometimes help to relax your mind.



Have a drink of
water

It's important to keep your body and brain hydrated. If you want to keep a track of how much you drink throughout the day.



Get creative! Paint, draw, craft, bake or do some junk modelling. Being crafty is a good way for your mind to have a break.



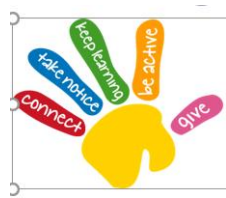
Get active! Being active and getting outside for fresh air and exercise is so important to give your mind a break and reenergised.



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