



# WEEKLY WOOTTON PARK WELLBEING CHALLENGE



## RELAXATION

**Your challenge this week... Try to find a new way to relax and take a break. Pick an activity from one of these resource banks**

- **Go Noodle – For family fun and games**

<https://www.gonoodle.com/for-families/>

- **Mindfulness – Take a walk in nature, savour your food**

**See 'Mindfulness' poster for ideas**

- **'50 ways to take a break' – Play music, dance, take a bike ride, write a journal**

**See poster attached for 46 more ideas**

- **Relaxation – Draw with Rob, try Relax Kids or Yoga**

<http://www.robbiddulph.com/draw-with-rob>

<https://www.youtube.com/watch?v=2TFuFd4iFOY>

