Wellbeing

Please make sure that you take moments in your day to look after yourself. Practise mindfulness techniques, as this is very powerful in de-stressing the mind. Here are some activities for you to do throughout the day.

2. Take some time to play a game (charades, hangman, board games, card games)
3. Keep a diary
4. Learn a new skill (knitting, sewing, baking, card tricks, dancing)
5. Write and record a radio play
6. Write and publish a story
7. Practise shape breathing techniques like these