

## GRATITUDE JOURNAL

*Have an attitude for gratitude!*

Create your own gratitude journal just like the one in this link:

<https://youtu.be/hXych0lc2v4>

What does it mean to be grateful?

Think of things in your life that bring you joy, make you happy and keep you safe and healthy. Each day write something that you are grateful for. Read it to yourself before you go to sleep each night. For example: "I am grateful for my bed that keeps me warm while I sleep"

## "I AM UNIQUELY ME" CRAFT CHALLENGE

*There's no one else like you!  
You are unique in so many ways!*

Create a poster or document all about YOU!

Ideas of what to include:

Your age, your teacher, family, favourite things (colour, animal, song, food, drink, hobby, sport, subject & more!)



## KARATE MASTER WORKOUT

- 10 second plank
- 5 karate kicks
- 10 high knees
- 10 second plank
- 5 karate kicks
- 5 star jumps

## READ & RELAX

Listen to one of these books, sit back and enjoy the read.

Be Kind:

<https://www.youtube.com/watch?v=kAo4-2UzgPo>

The Selfish Crocodile:

<https://www.youtube.com/watch?v=0-NhjFJRZI>

## MORNING MEDITATION

Find a comfy & cosy spot at home or outside and do this morning meditation!

<https://www.youtube.com/watch?v=diR05fa0z8M>

