

Mental Health and Wellbeing Activities

Date	Activity
30/03/2020	Uplifting quote of the day- https://images.app.goo.gl/Q25BwLh6iuXmGmhc6
31/03/2020	Mindfulness colouring- Take at least 20 mins out of your day today for yourself. We all work hard for the ones we love and we deserve a bit of 'me' time Have a look at some of these designs you can print off at home
01/04/2020	Not all of us are going to have the opportunity to be as active as we used to be. 20 minute yoga session- https://youtu.be/v7AYKMP6rOE
02/04/2020	Positive affirmations https://images.app.goo.gl/SCNMZ3N5UxpRwtsq6
03/04/2020	Who cares? - put on your favourite song and dance around the room as if nobody is looking. One of my top recommended songs to lift your mood https://youtu.be/U2bjR8xUQm4

