

S4's Weekly Well-being

Tick off one task per day

For W/C Monday 6th April 2020

If the task is underlined – it's a link. Hold CTRL and click the task – you'll go to the website for instructions.

Share your activities on twitter and tag us:
@swansci4 #S4wellbeing



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Monday

Improve your workspace

Do one of the following:

- Meditate for 5 minutes
- Look through your old photos. Pick one to put on your desk/workspace
- Reorganise one of your kitchen cupboards

Fancy a challenge?

- Make a to-do list for the week

[SHARE]: What photo did you choose?
Which to-dos are you looking forward to doing?

Tuesday

Try a puzzle

Do one of the following:

- This connect-4 game
- This arrow word
- This hitori

Fancy a challenge?

- Try the Guardian Everyman crossword

[SHARE]: If you get stuck, ask everyone for help. How quickly did you finish the puzzle?

Wednesday

Get some exercise

Do one of the following:

- Floss (dance) for 3 minutes
- Walk a mile in your living room
- Try some Pilates

Fancy a challenge?

- Turn your house into a laser maze using string. Go through the maze

[SHARE]:]: Show us your dance moves!
Share some pictures of your laser maze.

Thursday

Get crafty

Do one of the following:

- Make one of these paper planes and see how far it will fly
- Paint a picture of a tree
- Bake and decorate Easter biscuits

Fancy a challenge?

- Make this paper flower frame

[SHARE] Send a photo of your creation.
How far did your plane fly?

Friday

Hobby time

Do one of the following:

- Build a tower of cards
- Play a video game for 30 minutes
- Write a haiku about chocolate

Fancy a challenge?

Learn how to juggle

[SHARE]: How tall was your tower of cards?
Share your haiku.