

### Reading

Reading can help us to escape from the real world and reduce our stress levels. Get a drink and a snack and settle down on the sofa to have some quality time with your favourite book. Read on your own or read together as a family.

### Baking

Join in with Layton Cooking Club on Twitter, @Laytoncooks, and enter one of their competitions to become the school's star baker. Don't forget to enjoy the tasting too!

### Express Yourself!

On Friday we are inviting everyone to wear clothes that make them happy! It doesn't matter if you are at school or learning at home. Which crazy, elegant or stylish outfit will you choose?

### Random Act of Kindness

A random act of kindness is a great way of boosting someone else's mood and your own!. You could tidy your bedroom, ask a sibling if they need help with their school work or leave someone a kind note.

### Music

As a family decide what your favourite song is and record yourselves dancing along. Listening to music helps relax our minds and the dancing energises our bodies.

### Exercise

One afternoon, put down your iPads and head outside on a walk or a run around your local area. Exercise is a great way to boost our mood and help us keep fit and healthy at the same time.

### Gratitude

At the end of each day, talk about three good things that have happened, so you go to sleep feeling positive. Will you all pick the same things? Can you do this every day?

Make sure you share what you have been doing on the Layton Twitter page or via Showbie and Class Dojo!



Layton Primary School Family Wellbeing Challenges  
Children's Mental Health Week 2021

