

Be kind to Yourself Challenge



East Dene Primary

It's so important to look after yourself during these challenging times, so we've created our own East Dene Be Kind to Yourself Challenge to help you and your grown-ups stay happy and healthy. There are lots of ideas how you can do this, and we've picked some out that are easy to do while you are at home. Choose 10 of them (or make up your own) and record them in the boxes below. You can write what you did or draw a picture. We are missing all the families of East Dene Primary so much. We want you all to be happy and healthy as possible when we meet again.



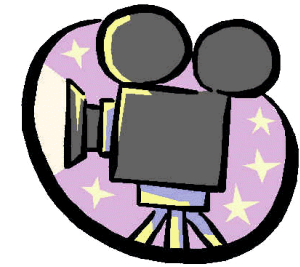
No screen time

Take a bubble bath



Dress in your favourite clothes

Family movie night.



Do some yoga

Be kind to yourself challenge



Go for a walk



Talk to your friends and family



Play a board game



Help with the gardening



Read a book



Talk about your feelings

Give someone a hug

