

**IT'S TIME FOR A**



# **WELLBEING DAY!**

**FRIDAY 15TH MAY**

**Create...**  
ART & CRAFT,  
CONSTRUCT, WRITE...

**Read a good book...**

**Relax  
Outdoors...**

**Chill with  
your pets...**

**Exercise...**  
WALK, RIDE,  
YOGA...

**Have a  
Pyjama Day...**

**WELLBEING  
IDEAS  
GALORE...!**

**Show Gratitude...**

**Write a thank-you note to  
someone important to you...**

It's a whole day to relax and give your brain a break! There will be lots of wellbeing ideas on the APPS Learning from Home website if you need any suggestions. ALL STUDENTS ARE REQUIRED TO UPLOAD ONE PHOTO TO SEESAW ON THE DAY TO SHOW US WHAT YOU HAVE DONE.