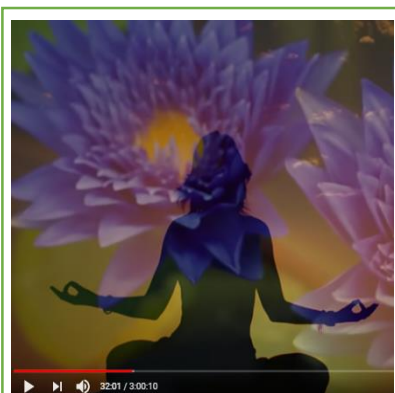
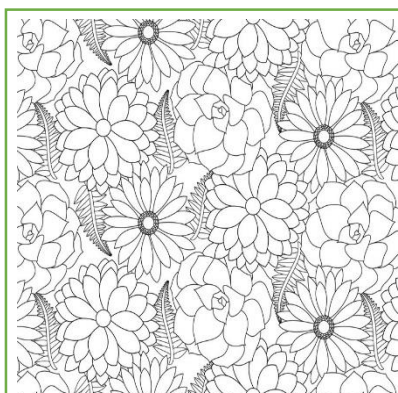


Menu of Activities

Click on the image to be directed to videos and printable resources to support with each activity.



Listen to relaxing music or your own favourite sing along!



Mindfulness colouring or Art work.



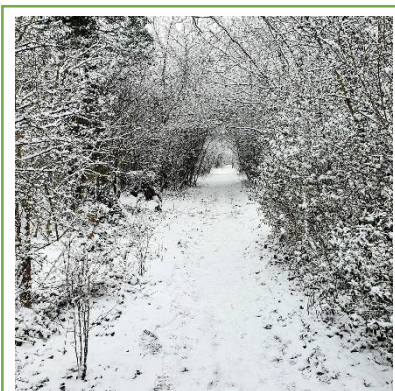
PE with Joe – fitness activity.



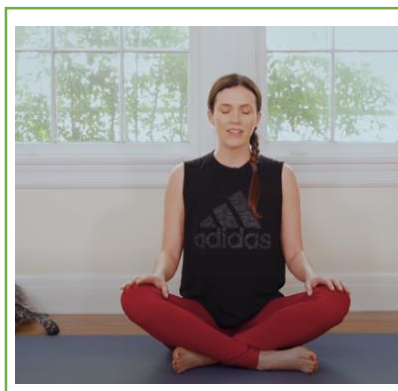
5 minute meditation.



15 minute walk.



Photography challenge - photos that capture local nature.



15 minute Yoga activity.



Read a book.



A new challenge, e.g. Couch to 5K.



Baking.

You are not limited to these activities, but hopefully these will be a great starting point for our wellbeing afternoon as part of **Northamptonshire's Mental Health Awareness Day.**

