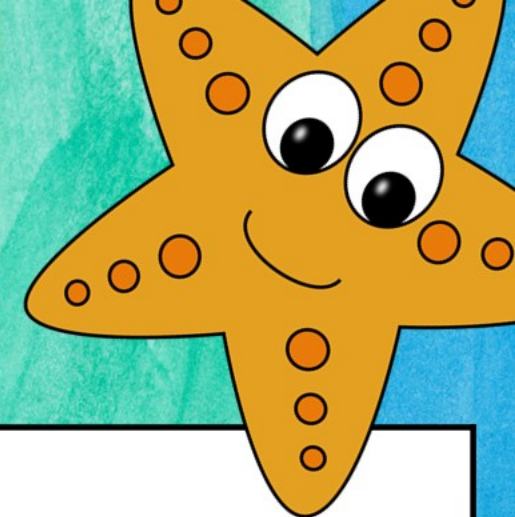




ELSA Support MAY Wellbeing Calendar

www.elsa-support.co.uk



1 Make up an exercise routine and teach it to someone in your family. You could do it to music.	2 Take a photo of something that relaxes you	3 Chill on a beanbag or cushion and listen to calm and relaxing music	4 Write all your worries or regrets on a piece of paper and then cut it up into at least a hundred pieces. Throw them into the air and let them go. For your parent's wellbeing you need to help tidy up afterwards!	5 Make a poster to put in your window. Use a positive and inspirational quote. You can make one up or you can use a google search to find one you like.	6 Make a proud cloud. Draw a big cloud shape on a piece of paper and fill it with things you are proud of
7 VE day tomorrow. Find out about VE day from older relatives. Give them a call and ask them. Make some bunting in red, white and blue to decorate your house or garden.	8 Celebrate VE day and have a party	9 If you were a superhero what superpower would you have? Draw yourself as a superhero or make a comic strip!	10 Look out of one of your windows for a whole 10 minutes and use a piece of paper to write down everything you can see	11 Make up your own board game. Design it first and then make it. It could be on any topic at all.	12 Ask everyone in the house to give you their favourite joke and make a joke book. Read them all together and have a giggle!
13 Karaoke challenge. Put on your favourite song and learn all the words. Perform the song to everyone with actions.	14 Draw some stars on a piece of paper, colour them in and then award them to your family members. 'I am giving you a star because...'	15 Make an A-Z of things that make you happy	16 Take a holiday in your house or garden. Make a tent or put up a tent. Could you and one of your adults sleep in it overnight?	17 Make a list of things you want to do after lockdown has finished	18 Make a picnic to eat outside if you have a garden or yard or make a space in your house with a blanket on the floor and enjoy your picnic there
19 Go on a nature walk when you do your daily exercise. Take a piece of paper and write down all the things that belong in nature – a leaf, a bird, a butterfly, a flower and so on	20 Stick a large piece of paper on your wall and make a mural of photographs of you and your family smiling. You could also do one on the computer and print it out	21 Make a relax box. Fill it full of things that relax you or calm you. You can write any big things on pieces of paper to put in your box	22 Draw a family portrait with all your family members	23 Get a paper plate or just cut out a circle of card from a cereal box. What can you make with it? Be creative!	24 Write your name BIG and in BUBBLE writing. Decorate and then cut out. Find out as much as you can about your name
25 Smiling challenge. Draw a HUGE smiling face then write down all the reasons that make you smile or laugh	26 Help to make a healthy meal using different coloured veg or fruit. Make a rainbow dish!	27 Take a selfie and write down 5 things you like about yourself	28 Draw a picture of someone you admire. Why do you admire them?	29 Think about your friends. How would they describe you? Draw some thinking bubbles and write all the things in the bubbles. You could call them to ask?	30 What was the best feeling you ever had? Write it on a piece of paper and decorate it!
31 Write a letter to your future self telling them about this time you are living in now. You are making history every day! You will enjoy reading it one day!					