

## cloud watching

When the weather is good, take a walk into your garden or the park and watch the clouds go by. See what different shapes and animals the members of your family see in the clouds – not everyone will see the same.



# emotional well-being challenge card ONE

## massage

Using hand cream or moisturiser, take it turns to massage each other's hands and feet (if you are feeling brave 😊)



## living room DISCO

Close the curtains, turn out the lights (or switch on your disco ball) and listen and dance to all your family's favourite songs.

Hold a dancing competition.



## Facetime your family

Ask your parent / carer's permission to facetime one of your family members. They will love to chat with you and see your face.



## Hide 'n' Seek

Play a traditional game of hide and seek as a family inside the house