

# Wellness Activities for April 27-May 1

Choose an activity for this week (or, try one a day!)

<p><u>Colour a picture</u> of an animal you love - it can be a pet, a stuffed animal/stuffy, one you would like to see someday, or an imaginary one! (Crayola.com has free colouring pages, or you can make your own doodle to colour - links below)</p>	<p><u>Make up a new silly word</u> Share it with someone at home and see if you can find a way to use it at least once during the day</p>	<p><u>Roll the 'Goodnight Cube'</u> before bed and share a question and answer with a family member (see the printable from Big Life Journal below)</p>	<p><u>Dance Party!</u> Dance along to one of your favorite songs or videos</p>	<p>Take a <u>Brain Break</u>: How many jumping jacks or torso twists can you do in one minute? Try to break your record!</p>
--	---	---	--	--

\*Activities taken an adapted from:

- **Family Wellness Resource.pdf** (download [here](#)), sourced and downloaded from the New Brunswick Education Resource Exchange Facebook Group
- [Big Life Journal.com](#) - Sign up with your e-mail for free printables every Friday
- [Crayola.com](#) – Free Colouring Pages
- [Super Quick Doodle Patterns \(YouTube video\)](#)