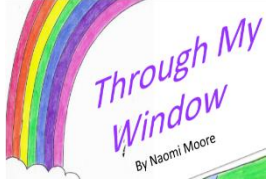




Activities to promote well-being

	<p>This link will help you to process feelings, thoughts and worries using pictures.</p>  <p>Thanks to South Somerset Partnership school for these great ideas.</p>
	<p>Well-being activities: click on the picture to follow the link</p> 
	<p>https://primarysite-prod-sorted.s3.amazonaws.com/chorlton-cofe-primary-school/UploadedDocument/9dc0a4af1c1b4bf4a09deb04c1c67306/the-anti-baddies-resilience-toolkit.pdf</p> <p>Thanks to Chorlton CofE Primary School for this energising resource with Positivity Polar Bear and his crew!</p>
<p>BUBBLE BREATHING</p> 	<p>https://www.cumbria.gov.uk/eLibrary/Content/Internet/537/17241/17244/4347311471.pdf</p> <p>Thanks to Cumbria County Council for these helpful and fun breathing techniques.</p>