

# Wellbeing and Wildlife 6<sup>th</sup> Jan 2020

## Wellbeing Bingo

### Activity

Spend some time doing things you like and enjoy. This can help you to feel good and give you the opportunity to try something new!

See how many of these activities you can do this week. Maybe your whole family could try the activities and have a competition to see who can complete all of the activities!

The most important thing is to have fun and spend some time being kind to yourself!

Can you make up your own activities and create a Wellbeing Bingo for your family?



## Den Building



### What You'll Need:

- Sheets (as an adult)
- Chairs or clothes horse
- A rug or something to sit on
- Sting or rope
- Imagination!
- Always ask permission from an adult before you use things for your den.

### Activity:

- A den can be made very easily from placing an old sheet over the back of 2 chairs or even draping it over one chair so that you can hide underneath!
- You can use a mat, rug or cushion to lie on so that you are comfortable.
- You can use your den to tell stories in or pretend you are hiding from aliens or monsters!
- Invite your family into your den for a story!

## RSPB Big Bird Watch

The RSPB Big Bird Watch is coming up between 29<sup>th</sup> and 31<sup>st</sup> of January, so register now to receive your free bird spotting pack!

- You can help the RSPB to monitor the number of bird species living in your area by taking part in the online survey.
- Between January 29<sup>th</sup> - 31<sup>st</sup>, the RSPB would like you make a note of how many of each type of bird you spot in your garden.
- Even if it is raining, you can still look out of your window to take part.
- Use the time leading up to the event to learn more about birds using the RSPB website.
- You learn about other animals too - try this [quiz](#) and see which animals you already know!

[RSPB BIG GARDEN BIRDWATCH](#)

