

# Wellbeing Family Challenge - Week 5

We challenge you and your family to do as possible of the following activities!  
Doing these activities together, as a family, will help you all to learn more about each other and to have fun together!

## Happy Place

Where is your happy place?  
Can you draw what picture to show what your happy place looks like?

It might be in school with your friends, at the park with your family or when you are relaxing in bed reading a book!

As your family to draw their happy place to and all share what makes your feel happy!

## Being at home

Sometimes, being at home can be tough. We might miss our friends, our teachers and everything about school. Remember, everyone finds it tough sometimes and telling someone how you feel is ok.  
Read this [story](#) as a family, it might help.

## Breathing Wheel.

Have you ever tried breathing in different ways?  
It's a fun way to calm your body and help you to relax! You can try some different ways of breathing by following the breathing wheel link below!

[Breathing Wheel](#)

## Meditation

Taking time to relax and feel calm and in control is important for everyone, adults and children!  
Meditation is where to take some time to slow your breathing down, lower your heart rate and relax.  
Try these online [mediation sessions](#) for families!

## Head Chef

Cooking as family can be great fun, but so can taking charge of the kitchen for a meal!  
Ask an adult you live with if you are allowed to cook a meal for them. Perhaps you can practice first so you know what to do or maybe your adults could be you Sous Chef (second in command) and you can tell them what to do to help you to prepare the meal!  
You can be the Head Chef!

## Enjoy a story together

If you have a favourite story or film, read it or watch it as a family and enjoy together. If you want to try a new story, you could watch this story of Pete the Cat read out loud. It's about trying to not worry and relax!

[Pete the cat](#)