

February Tasks How many can you complete?

Can you complete an act of kindness once a week to a family member?	 Complete a finger breathing exercise. Calmly breathe in and out, as you trace up and down your fingers.	Draw with Rob! https://www.youtube.com/watch?v=fJUgddyqvrks	Learn a new skill.	Listen to some relaxing music and close your eyes. https://www.youtube.com/watch?v=4VR-6AS0-l4
5, 4, 3, 2, 1! Think about 5 things you can see. 4 things you can touch. 3 things you can hear. 2 things you can smell. 1 thing you can taste.	Worry jar Writing down any worries you may have makes you feel better, you don't need an actual jar to do so. It will also help to talk about your worries with someone you trust.	Can you make a bird feeder and record what birds you see?	Build something with Lego.	Have a go at baking some bread!
List all of the things you are proud of.	Can you create a song or a rhyme to remember your 10 times tables?	Cook an healthy meal.	Write a letter to one of your friends.	Have a go at yoga https://www.youtube.com/c/CosmicKid/s/Yoga/videos