

Wellbeing Kit

Wellbeing activities for children up to 7 years old.

Be active

Sing 'heads, shoulders, knees and toes' or another action song.

Feel calm

Lie down on the floor with an adult, close your eyes and let the adult describe a happy time that you have shared together.

Spend time outside

Pretend to blow out the candles on your birthday cake 5 times and breathe fresh air in and out.

Digital detox

Challenge yourself to have a whole weekend day without any electronics.



Eat well



Make a fruit kebab by putting an assortment of fruit on a stick.

Pamper yourself

Ask an adult to run you a bubble bath, bring all the water-safe toys you have, play with these together and have fun with the bubbles.

Enjoy special time

Share a goodnight cuddle while an adult reads you a story in your bed.

Enjoy routine

Introduce some music time into your day. Stream a new or old song you love.



Positive touch

Enjoy a hug while an adult watches your favourite TV programme with you.

Mindful time

Tell an adult:
5 things you can see
4 things you can touch/feel
3 things you can hear
2 things you can taste
1 thing that you can smell.

Be creative

Use your recycling waste to create something new for 2021.



Sleep well

Make a dreaming den with a blanket, a pillow and a teddy and have a nap.

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Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so.

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