*Amber Flag – Promoting Positive Mental Health*

*Choose two or more activities from the choice board each day. Record what you complete and share it with your teacher on seesaw. Enjoy and have fun!*

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| *Kids Mindfulness with Bressie* | *#Amber Art**Mindfulness Colouring to relax your mind* | ***Cosmic*** ***Kids*** ***Yoga*** | *Create and share a dance to ‘Happy by Pharell Williams’* |
| *Create a Glitter Jar* | *#Amber Flag* *Promoting Positive Mental Health*  | *Meditation & Yoga with Adrienne* |
| *Create a Covid 19* *Time Capsule!* | *Mindful Minute* |
| *Meditation & Yoga with Adrienne* | *Kids Mindfulness with Bressie* | *#Amber Rocks* | ***Cosmic*** ***Kids*** ***Yoga*** |
| *#Amber Art**Mindfulness Colouring to relax your mind* | *Garden Safari* | *Meditation & Yoga with Adrienne* | *Kids Mindfulness with Bressie* |

All the information you need about each activity is in your parents/guardians email.