

**Welcome to the first wellbeing Wednesday!**

**Today, your task is an easy one – are you ready? Your task is to go for a walk!**

If it is raining, I would like you to put on your waterproofs, go outside and:

* Splash in the puddles
* Kick the rain
* Listen to the sound of the rain
* Drop pebbles in the puddles
* Feel the rain on your face
* Dance in the rain!

If it is not raining, go outside and:

* Look to see if you can notice something you have never seen before
* Look out for new plants or flowers growing (the snowdrops have started popping out of the ground)
* Look out for things that you like and make you smile
* Look at the sky, what does it look like?
* How many colours can you see?
* What sounds can you hear?

Take photographs on your walk and post them on your Google Classroom.

I can’t wait to see them!