

# SPIRITUAL AND WELLBEING WEEK



WHAT'S A PIRATE'S FAVORITE YOGA POSE?  
THE PLANK.

## INDOOR GAME

CHALLENGE THE MIND BY PLAYING BOY, GIRL, FRUIT, FLOWER. PERSON 1 GOES THROUGH THE ALPHABET IN THEIR HEAD AND PERSON 2 SAYS WHEN TO STOP. THE LETTER PERSON 1 LANDS ON EVERYONE HAS TO THINK OF A BOY, GIRL, FRUIT AND FLOWER WITH THAT FIRST LETTER AND WRITE THEIR ANSWERS DOWN. PLAY AS MANY TIMES AS YOU LIKE COMPARING ANSWERS AFTER EACH LETTER, THEN ADD UP YOUR SCORES, 1 POINT IF YOU GET AN ANSWER AND SOMEONE ELSE HAS THE SAME, 2 POINTS IF YOU HAVE AN ANSWER NO-ONE ELSE HAS.

## OUTDOOR GAME

BE AT ONE WITH NATURE. GET BLINDFOLDED BY A FRIEND AND LET SPIN YOU AROUND THEN LET THEM GUIDE YOU TO A TREE OF THEIR CHOICE. FEEL THE TREE, THE SHAPE, THE TEXTURE. THEN LET THEM GUIDE YOU BACK TO START. REMOVE THE BLINDFOLD AND TRY TO FIND THE TREE THEY TOOK YOU TO.

STRETCHING AND STRIKING YOGA POSES HELP RELIEVE SOME OF THE TENSE MUSCLES IN YOUR BODY, ESPECIALLY IN THE NECK, BACK AND SHOULDERS. ALSO, WITH ITS FOCUS ON BREATHING AND MINDFULNESS, YOGA ALSO GIVES KIDS TOOLS THEY CAN USE TO PROMOTE CALMNESS AND FOCUS. YOGA CAN HELP KIDS DEAL WITH EVERYDAY CHALLENGES SUCH AS A TEST OR SOCIAL ANXIETY.

WHY NOT TRY SOME OF THESE FUN YOGA POSES IN THE SHEET WE'VE PROVIDED.



CRAFT  
COLLECT NATURAL MATERIALS SUCH AS LEAVES, PINECONES, FLOWERS ETC. PAINT THEM AND PRESS THEM ON TO PAPER TO MAKE A PRETTY PICTURE



children's play services  
working for children's play in the City of Cardiff

