






Wellbeing Tip of the Week

Enjoy and remember to always
find time to RELAX!

This week's tip comes from a Year 5 pupil from Fitzjohns Primary School.



Here are some tips that you can use to relax:

-  Read books
 -  Don't think about bad things
 -  Sit on the sofa and close your eyes
 -  Watch TV
 -  Eat tasty food
 - listen to music
- Read
Eat
Listen
Apple TVz
X bad things