

Fun Activities

It's half term week so I'm giving you lots of fun things to do!

I've also included a music challenge for you to have a go at.

Listening to music is very good as a stress relief tool. Try these: These are from Nordoff Robbins.

Blinding Light by The Weekend

https://www.youtube.com/watch?time_continue=59&v=vymYcogidJ4&feature=emb_logo

Somebody to love by Queen

https://www.youtube.com/watch?time_continue=32&v=E4XZ3cppqIw&feature=emb_logo

13 minute calm down for stress and anxiety

<https://www.youtube.com/watch?v=nKKaKe6S8HU>