

# HMS **Feel Good Friday**

My name is...

Lockdown can be a very challenging time and you have all been working so hard with your online and remote learning. Today is about taking time away from a screen to do some different things. Use this passport to log what you get up to!

My mindfulness challenge...

My outdoor challenge...



My physical fitness challenge...

My baking challenge...



My creative challenge...

My bonus challenge...



# HMS Feel Good Friday

We hope you have enjoyed today and found it helpful.

This section of your wellbeing passport is designed for you to reflect on the day, what you have learned and how you can continue to support your mental health and wellbeing.

One thing I have enjoyed about today...

One thing I am looking forward to when I return to school...



One thing I have learnt today...

One thing I am looking forward to when lockdown restrictions ease...



One new thing I have done today...

One thing I am going to do for my own positive mental health...

