

remote learning

TAKE 5

1 TAKE 5 and get active

Stand up, stretch and get your heart rate pumping at least 5 times a day.

2 TAKE 5 and do a gratitude activity

Write what you are grateful for today and share it with a friend.

3 TAKE 5 and do something kind/helpful

Perhaps you could empty the dishwasher or cook dinner?

4 TAKE 5 and touch base

Appreciate your friends and ask them if they are okay?

5 TAKE 5 deep breaths

Reflect on the good things in life.

