



#WellbeingWednesday

A new project from us at Teacher's Pet
Download a **5 minute weekly activity**
to do with pupils in your school.



www.tpet.co.uk/wellbeing-wednesday

This could be carried out with individual children, your class or as a whole school, to **improve wellbeing**.

Ultimate members can **download our exclusive three 12 week powerpoints**, giving you 1 positive activity to do every Wednesday throughout the Spring, Summer and Autumn terms.



Try our journal pages - perfect for 1-2-1 interventions.



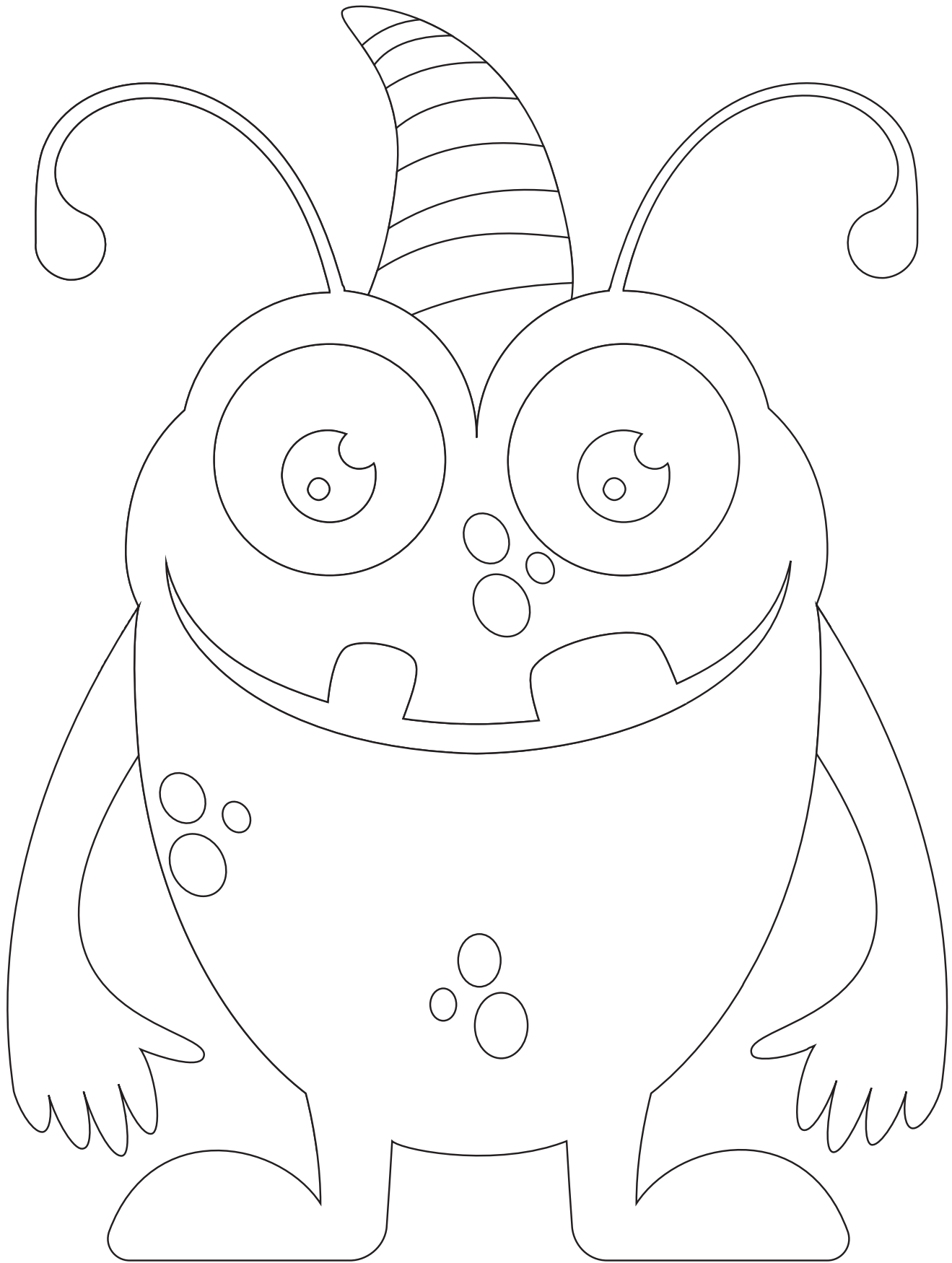
Download our Spring, Summer and Autumn term overviews to keep track of each week's activities. We have even more content coming soon!

Our #WellbeingWednesday campaign is perfect for tackling issues such as low self esteem, anxiety and anger.

Save paper and ink by not printing this page.



Mindful colouring



BE PREPARED

OFF

YOURSELF