

# Wheel Of Wellness

Complete the challenges to beat the wheel!  
Click on a challenge to find out more...



### **References/Sources:**

Britain's Got Talent. (2019, Sept 19) *George Sampson | BGT: The Champions* [Video file]. Retrieved from <https://www.youtube.com/watch?v=rL8FbCJa4is>

Childhood101. (2020) *Take 5 Breathing Exercise for Kids* [Image]. Retrieved from <https://childhood101.com/take-5-breathing-exercise/>

Cosmic Kids Yoga. (2016, Nov 7). *Mindful Walking | Cosmic Kids Zen Den - Mindfulness for kids* [Video file]. Retrieved from <https://www.youtube.com/watch?v=0P3Deuv8tbc>

Dr Surabhi Mahajan Malhotra (June 21<sup>st</sup>) *Yoga Exercises for Mindfulness in Kids* [Image]. Retrieved from <https://thesmileon.com/yoga-exercises-for-mindfulness-in-kids/>

Foundling Museum. (2020-2021, Dec 17-31) *Online Activity | Gratitude Paper Chains – Foundling Museum* [Webpage]. Retrieved from <https://foundlingmuseum.org.uk/events/gratitude-paper-chains/>

Gift of Curiosity. (2021) *Christmas game: What's in the bag?* [Webpage]. Retrieved from [Christmas game: What's in the bag? - Gift of Curiosity](#)

JMCCentre. (2020, Apr 15) *Outdoor Chalk Obstacle Course* [Video file]. Retrieved from <https://www.youtube.com/watch?v=-NkJxXtGuAI>

Jonna Jinton. (2019, Sept 27) *The Art of Balancing Stones* [Video file]. Retrieved from <https://www.youtube.com/watch?v=UqU19dR0bFE>

Ripple Kindness Project. (2017, Apr 7) *Mind Jars – a mindfulness and relaxation tool for children* [Video file]. Retrieved from <https://youtu.be/visXRjwnXXA>

Raising An Extraordinary Person. (2021, Mar 22) *Improve Emotional Regulation In Just 7 Minutes Per Day* [JPEG file]. Retrieved from [7 Minute HIIT Workout for Kids \(hes-extraordinary.com\)](#)

Schooling Online Kids. (2020, 18 Apr) *How to make a DIY Bubble Wand: Craft for Kids* [Video file]. Retrieved from [How to make a DIY Bubble Wand: Craft for Kids - YouTube](#)

To&FroFam. (2019, Mar 20) *34 Gorgeous Camping Activities For Kids: The Best Nature Art Projects* [Webpage]. Retrieved from <https://toandfrofam.com/nature-art-projects/>

Twinkl Kids' TV. (2021, Mar 7) *Guided Meditation For Kids – Ocean Waves Breathing and Mindfulness* [Video file]. Retrieved from <https://www.youtube.com/watch?v=51IPvQuSMIc>

Your Trust Rochdale. (2021, Apr 7) *Mindful Arts & Crafts – Breathing Buddy* [Video file]. Retrieved from <https://www.youtube.com/watch?v=UnTOdfZxyjw>.

**\*Hartlepool Borough Council are in no way affiliated with any of the above sources. The Wheel of Wellness is intended to be used as a resource of suggested activities that parents can do to help promote the wellbeing of young people in their care.**