

Try It Tuesday Wellbeing Menu

Junior Classes

Try it Tuesday

Why should we try something new?

It is really important for our wellbeing to try out new activities and to keep learning. When we set a goal and achieve it, it helps us to build **confidence** and **pride** in ourselves.

Remember that if you want to become better at something then you will need to **practice** a lot, **persevere** with it and be **resilient**.

Positive Self Talk is very important.

Talking to yourself kindly sounds like this:

'I'm trying my best'

'Mistakes are a part of learning'

'I know this will take some time and effort'

Mrs. Bleahene has recorded a cool activity for you to try out! Check out the website to find out more!

Wellbeing Choice Menu

What **NEW** activity are you going to try?

You could choose ANYTHING but here are some ideas in case you need them:

A new skipping rope trick

Taste a new food

Learn a magic trick

Solo a ball

Learn how to hula hoop

Learn how to forward tumble or cartwheel

Learn the words of a whole song from start to finish

Learn how to juggle

Create a dance sequence to go with your favourite song

Remember to **persevere!**

<https://www.youtube.com/watch?v=pWp6kkz-pnQ&list=PLNcY9Z2o0erfsSlo3fnWExcHn8OnKWeeH&index=13>