

Wellbeing Boosters



Gratitude paws

Draw a paw print on a piece of paper and on each section of the paw, write something you are grateful for!



Design your wellbeing doggy!

What would you look like if you were a dog? Draw a dog that represents you, then write a list of 5 things you need to be happy!



Doggy dance break

1. Spend a few minutes moving around the room like your favourite breed of dog! The super Spaniel, the great Greyhound, the terrific Terrier.
2. Choose your favourite dog-themed song to dance along to.



Puppy pose breathing

Take 5 minutes to complete a short yoga routine!

Use dog-themed poses like 'downward dog' and 'puppy pose'.

