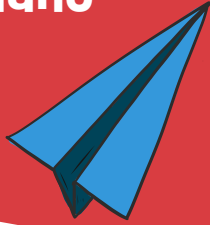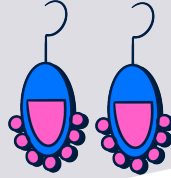# LEARNING MOLE

Online Wellbeing

Take a break from your phone or tablet and try these things out then write in your journal how many of them did you do this week?

Make a paper Aeroplane

Make a piece of jewelry

Write 3 things you're grateful for

Can you solve this riddle: I can fill a room, but I take up no space. What am I?

Draw the ingredients of your favourite meal

Think of how many words rhyme with "well"

Write the items around your house that start with letter "B".

Doodle something

Design a digital wellbeing tool. Think of its name, its features, and how can we use it.

Stand up and make a letter of the Alphabet using your body.

Read a short story