

Well being challenges for the working week (5)



Monday

Watch one of your favourite films tonight and laugh/cry/sing along.

Tuesday

Take a virtual tour around RAMM~ there are some good collections...
<https://rammus eum.org.uk/visiting-us/explorerramm-online/>
RAMM- Royal Albert Memorial Museum

Wednesday

You're all stars! Make origami stars ~ send photos please

<https://www.youtube.com/watch?v=m1c7FIQt5UE>

Thursday

Make a special effort for your lunch today- you deserve a treat!

Friday

Dance like nobody is watching - kitchen - garden- who cares?!

RAMM <http://rammuseum.org.uk/visitingus/explorerramm-online>

Origami <https://www.youtube.com/watch?v=m1c7FIQt5UE>