

D is for Downtime



I am OK

Dd



Downtime

Downtime gives us the chance to spend a little time doing what we want - or doing nothing! It can be like a little 10 minute holiday just for you.

Think: Where is the best place in your house or garden to have downtime?

Say: "I can have a 10 minute holiday every day if I choose."

Do:

- Decide where in your house or garden you can go for a 10 minute holiday.
- Ask an adult if you can make a snack or a picnic to enjoy in your favourite place.
- Write or draw a picture of your favourite place.

My Favourite Place