



10-11 YEARS | WEEK 60

Hobbies Interests-Health & Wellness Yoga-Habits Manners

1. Belly breathing

2. Hot chocolate breathing

3. Crossword

4. Stillness time

5. Match the following

6. Monster feelings

7. Be yourself

8. Crossword

9. Caring and respecting

10. Express yourself

11. Match the following

12. Discipline

13. True or False

14. Say it politely

15. Managing conflicts

16. Fitness time

17. Bingo

18. Odd one out - Caring and sharing

19. Unscramble

20. Health and hygiene

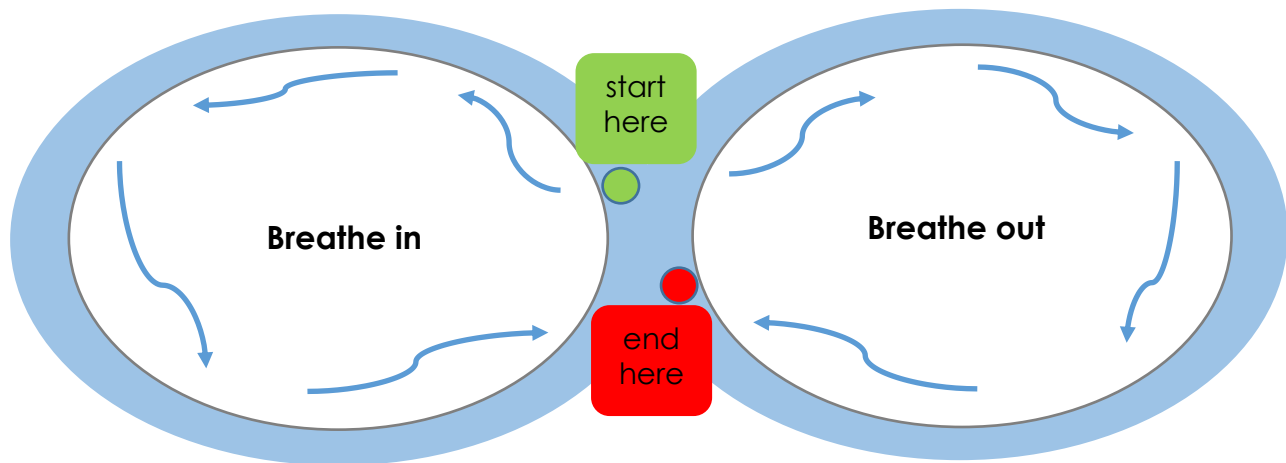
Belly breathing



This breathing exercise can be done anytime and anywhere. Take breaks in between your daily routine and practice belly breathing at least 3 times. Follow the instructions and fill the chart as given below.

Instructions:

- 1 Start with the 8 on its side and follow the arrows.
- 2 Go up to the left and trace the left part of the 8 with your finger while you breathe in.
- 3 Once you reach the end, get to the middle of 8 again.
- 4 Breathe out while you trace the right part of the 8 with your finger.
- 5 Repeat this at least 8 times.



Put your hands on your belly and feel it balloon out as you breathe in and breathe out deeply through your nose.

Belly breathing chart				
Days	Break-1	Break-2	Break-3	How did you feel after doing this?
Day-1	5 minutes			
Day-2				
Day-3				
Day-4				
Day-5				

Hot chocolate breathing



Let's do a breathing exercise. Follow the below steps.

1. Pretend you are holding a warm mug of hot chocolate.
2. Take in a slow, deep breath while counting up to 4 through your nose to smell the hot chocolate.
3. Now breathe out through your mouth to cool it off.
4. Repeat this 15 times.

Write down your experience.



Colour & decorate the mug.

Crossword



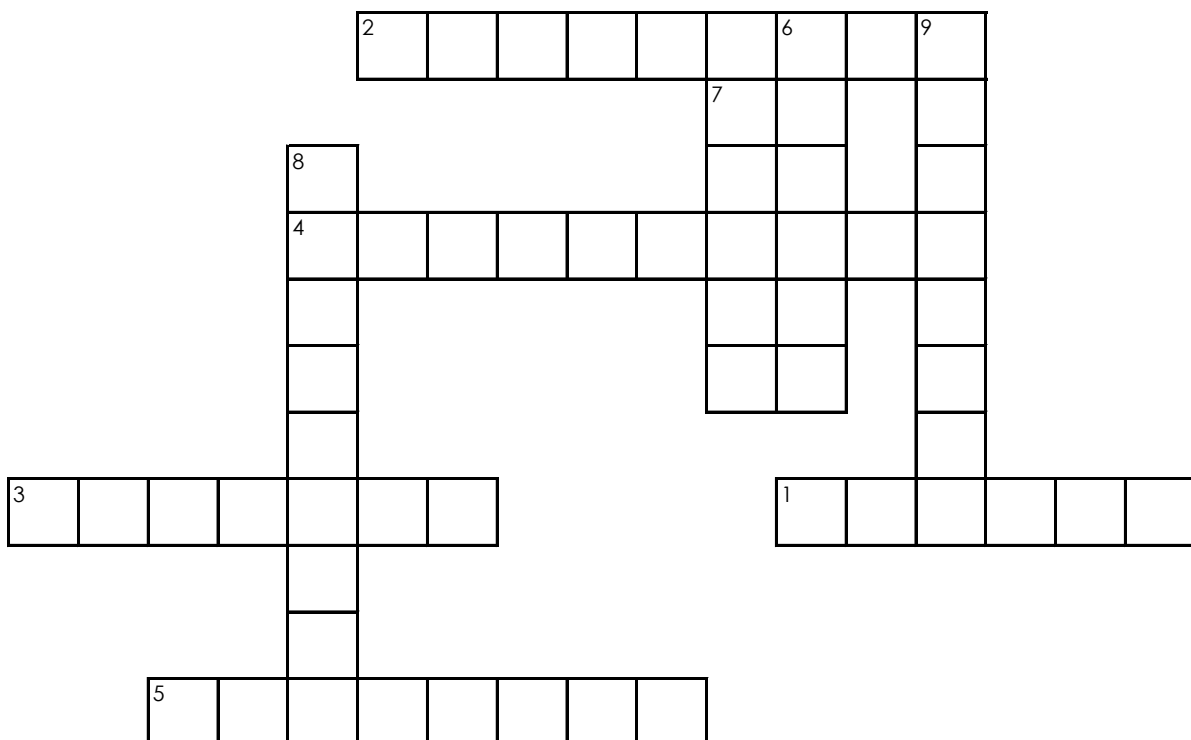
Planning a birthday party at home. What are the things you keep in mind.. Read the clues and fill the blocks in the given number and direction.

Across

- 1 When you get presents.
- 2 You say this when someone wishes you.
- 3 A feeling when your friend gifts you what you wanted.
- 4 What is it called when you gift your friends back.
- 5 You get this from your grandparents.

Down

- 6 How you celebrate during the pandemic with your friends.
- 7 The feeling before your birthday.
- 8 You feel this for your parents.
- 9 What is the day called when you were born.



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