

# JANUARY BLUES WELLBEING ACTIVITIES 11<sup>th</sup>-15<sup>th</sup> Jan

#JHSmovin'

#JHSheatthy



#JHStogether

*This week while the weather is cold we would like to see the nature inside your home*

*Send pictures of your beautiful house plants to the wellbeing email*

[wellbeing@jubileehigh.surrey.sch.uk](mailto:wellbeing@jubileehigh.surrey.sch.uk)

The complex block contains three illustrations. At the top left is a cactus in a white pot. At the bottom left is a small green plant with three leaves in a black pot. At the bottom right is a larger, leafy plant in a black pot.