



ROLL THE DIE: SIX ADVENTURES IN WELLNESS



SINGING

Singing helps children develop confidence, as well as to enjoy the exploration, passion and understanding of music. [<Resources>](#)



MINDFULNESS

Practising mindfulness helps increase attention span, concentration and emotional resilience especially in uncertain times. [<Resources>](#)



INSTRUMENTAL MUSIC

Instrumental music practice generates a positive impact on kids' confidence, wellbeing and cognitive development. [<Resources>](#)



COOKING

Instilling a love of cooking opens the door to nutrition, healthy eating and one of the great expressions of human creativity. [<Resources>](#)



YOGA

Yoga is an Interactive adventure which builds strength, balance and confidence. Great also for mindfulness and relaxation. [<Resources>](#)



NATURE

Foster creativity, playfulness and imagination, as well as respect and knowledge of natural landscapes and processes. [<Resources>](#)