

Wednesday 3rd February 2021

Today for wellbeing week and children's mental health, Me my mum, my brother and my sister went for a walk to the beach. We did this to get us out the house and to have fun and fresh air. It is important to look after our mental health, this is an important thing, I feel going out helped me because I am getting bored of staying in and lockdown.

Here are some photos ...



This is me running down the path.



This is my sister in her pushchair keeping warm, she was tired.



This is George, unfortunately he fell into a big puddle, my mum had to give him her coat and we hurried home to get him warm and dry.

I really enjoyed it, I wish we had more time.