






5 ways to Wellbeing ideas

 <p style="text-align: center;">Connect</p>	 <p style="text-align: center;">Be Active</p>	 <p style="text-align: center;">Take Notice</p>	 <p style="text-align: center;">Keep Learning</p>	 <p style="text-align: center;">Give</p>
<ul style="list-style-type: none"> • Talk to friends or family members • Facetime/video call • Connect with family members in the house • Eat a meal with your family • Connect with your pets • Where possible, connect with your neighbours • Play games with your brothers and sisters 	<ul style="list-style-type: none"> • Get 60 minutes of fresh air each day • Play in the garden • Go on a walk in the fresh air • Go for a bike ride • Do some gardening • Take the dog for a walk • Put music on and dance • Create your own obstacle course in the house • Create your own workout routine /circuits to do as a family 	<ul style="list-style-type: none"> • Notice how you are feeling – it's OK to feel worried, lost or angry. • Notice how others are feeling – what could you do to cheer them up? • Notice nature – when you go outside, what can you see, smell, hear? • Notice what you are eating – Has it changed? Is it affecting your mood? Are you eating healthily? 	<ul style="list-style-type: none"> • Take the time to learn something new – how to sew, how to bake/cook • Be creative – start a project – building project/ art project/science project • Learn a foreign language (BBC Bitesize videos) /sign language (lots of videos online) • Learn something about your family members • Learn how to draw – follow YouTube videos 	<ul style="list-style-type: none"> • Can you help an elderly or vulnerable neighbour? • What could you do to help your parents? • Give a smile (or a wave) – a smile is a powerful thing. • Give your time – it's important that you stay connected to others • Write a letter/draw a picture and send it to a nursing home – the elderly will be feeling lonely

<ul style="list-style-type: none"> • Write a letter/postcard to a friend/ neighbour/ family member who lives far away • Make a new friend 	<ul style="list-style-type: none"> • Join a sports team • Play a game in the playground • Walk or cycle to school 	<ul style="list-style-type: none"> • Notice if you are tired – are you getting enough sleep? • Notice the positives – list them each day • Do some planting and notice the changes as they grow • Notice your breathing – Take 5 or do other breathing techniques • Look what you can see out of your window and how it changes • Paint or draw a picture of what you've seen today • Play I spy 	<ul style="list-style-type: none"> • Listen to stories read by authors too • Learn a new word each day • Visit a museum or art gallery • Try out a musical instrument • Do a word search • Try a new food • Study an animal or bug • Visit a new place • Write a story or song 	<p>and your letter will make them smile</p> <ul style="list-style-type: none"> • Give laughter – tell a joke/be silly/have fun • Smile and say thank you • Make a homemade present or card for no reason • Hold a door open for someone • Give someone you love a hug • Send your old toys to a charity shop • Share with others • Help around the house - wash the dishes or do some dusting • Listen to someone else and how they are feeling
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