



See how many of these activities you can complete during our Week of Wellbeing.

Connect

Asked someone how their day is going

Assist

Helped with a household chore such as tidying your room

Notice

Visited somewhere new

Active

Went for a walk with a friend or family member

Learn

Learnt and played a new game

Spoke to a friend or relative on the phone

Helped an adult with the shopping

Spent some quiet time listening to the birds, wind in the trees etc

Played in the local park or back garden

Learnt about a local canal or river

Played or spoke to someone you don't usually spend time with

Helped a friend or sibling with their homework or a project

Noticed something new on your journey to school

Took part in a sporting activity outside of school

Researched and cooked a new recipe

Spent time with family and friends

Helped a trusted elderly neighbour with a task such as gardening

Spent time in green or blue space and looked for signs of wildlife*

Danced around at home

Read a new book or poem

*This could be along a canal or river or in your local park or woodland

