**5 Ways to Wellbeing Easter Challenge**

* *Complete a task from each of the 6 areas each day. Vary what you do.*
* *Remember, if you are worried or feeling low to talk to a trusted adult. This is a challenging time for most people*



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| **Connect** | |  | **Be active** | |
| Telephone or video call a family member | Make a video to send to a member of your family |  | Go for a walk | Dance to 5 tracks of your favourite music |
| Sit down and have a family meal together and talk to each other while you eat | Telephone or send a message to a friend. Video call a friend |  | Go for a run | Try some yoga or pilates (use youtube) |
| Talk to your parents about how you are feeling about the current situation | Play cards or a boardgame with a family member |  | Do an online exercise class – youtube The Body Coach | If you have a bike go for a ride |
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| **Take Notice** | |  | **Keep Learning** | |
| Do a mindfulness activity | Look around outside – notice the small things and tell someone what you notice |  | Read part of a book everyday | Try out a new recipe |
| Do a 3 minute breathing exercise | Enjoy some green space (garden, park, river) |  | Do a jigsaw  www.jigsawplanet.com | Read a poem |
| Savour the moment when you are eating a meal | Go for a walk, what can you see, feel, smell, taste? |  | Try a crossword or Sudoko | Research something new that interests you |
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| **Give** | |  | **Other** | |
| Make a meal for the family | Participate in the Rainbow challenge |  | Write down 3 things you are grateful for each day | Do some colouring. Paint/Draw something |
| Help out with a household chore | Do a random act of kindness for someone |  | Watch some comedy | Enjoy a bath |
| Write a thank you note/email to someone | Express your gratitude to someone who has shown you an act of kindness |  | Spend some time with your pet | Get enough ‘quality’ sleep |