

Wellbeing Activities

Choose one of the following wellbeing activities to complete everyday.

Yoga



Listen to the Sounds

Go outside and sit or lie down. What sounds can you hear?

Get Up and Move

Get up and do 5-10 minutes of exercise.

Read a Book



Look at the Sky

Go outside and look up at the sky. What can you see?

Journal Writing



Get Creative



What is your Favourite Colour?

Find 10 things around your house that are your favourite colour.

Cuddle your Pet



What is your Favourite Song?

Sing and dance to your favourite song.

Pilates



Tidy Your Area

