

# 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

