



# Wellbeing Activities

Be Kind

Show Courage

Seek Wisdom

Build Connections

Contact a student you haven't spoken to since before lockdown and check in

Check in with someone who may be feeling lonely or anxious and encourage them to seek others or help

Think about your friendships. List 5 strengths that all your friends have in common and work out why you value these strengths

Find Meaning

Notice how you speak to yourself, and use kind words all day

Create a courage journal. Each day for a week, record 2 times you thought you were courageous and say why

Find out about the values and traditions of another culture and appreciate their difference to yours

Show Gratitude

Write a letter or make a phone call to someone who has had a positive impact on your life and let them know

Give away something/s to help those who don't have as much as you do (bonus points if it is something you like, not just that you no longer need)

Create a gratitude wall. Look for 3 good things that happened to you, why they happened and put them on your bedroom wall

Be Authentic

Help your parents or a neighbour to do a task without being asked

Find a way to help a project or a charity you care about

Spend an hour researching a topic that interests you, and share your knowledge with someone in your family

Stay Fit

Invite friends to meet you for an activity outside: play sport, run, walk, skate, ride.

Try a new sport or activity

Go exploring around your local area and notice new things and words all day