



GIVE CHALLENGE

5 Ways to Wellbeing



Challenge yourself to complete 1 activity per day to GIVE to your family.



1

Vacuuming

Remember to go to all the edges and in all the corners. You could do one room or the whole house!



2

Making Lunch

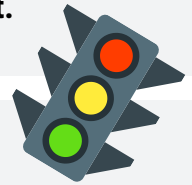
See if you can make everyone a sandwich for lunch. It is good to keep practising our skills we have previously learnt.



3

Clean out the fridge

Take everything out, wipe the shelves and put everything back. Whilst out look at the labels - revise your traffic light system to make healthy choices.



4

Clean the windows

All the sunshine shows up dust on the windows! We have cleaned windows in PSD sessions. You will need a cloth and some spray.



5

Suggest a game

Connect without social media or technology, you can play your favourite games with your family.