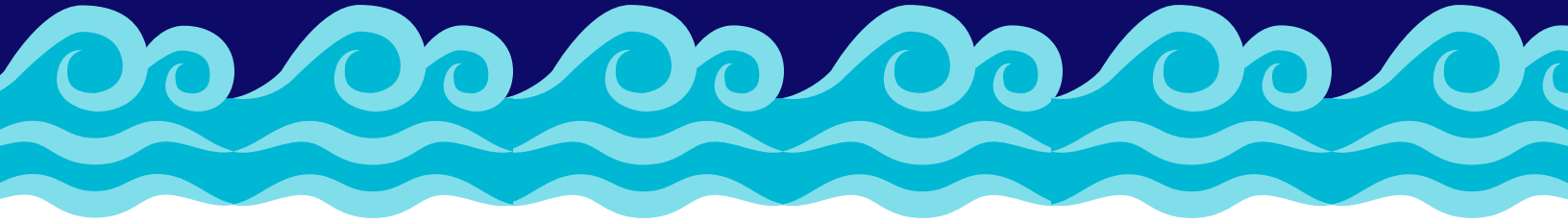


# 5 WAYS TO WELLBEING



## CONNECT

Send a message or call an friend or family member to check they are okay. You never know, you could make their day.

## TAKE NOTICE

Take 5 minutes of you day to look outside your window. What can you see? Are there any signs of spring - bud on trees, new flowers coming up, can you see or hear and birds, are there many clouds in the sky, what is the weather like, can you see any insects?

## GIVE

One way to give to others is giving your time. You could give your time to younger siblings by playing a game with them. You could make someone in your family their lunch (use your meal planner to help or the link to a tasty sandwich below). You could even make a small gift for a family member!

## BE ACTIVE

Make the most of your day and try a new exercise. There are some great tutorials to follow on Youtube. Joe Wicks does a daily workout. You could try Yoga following the 30 day yoga challenge. Joe Wicks - <https://shorturl.at/GKPT7> 30 day yoga challenge - <https://shorturl.at/aKL26>

## KEEP LEARNING

Last week you created a meal plan for you and your family. Can you do that again for this week. Add a new meal that you've never made before, follow a recipe to learn how to make it.

