

# 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





