



## *Wellbeing Activity Plan 1*

Here is your personal wellbeing activity plan

There is something to try on each day of the wellbeing week.

<b>Saturday 4<sup>th</sup> May</b>
<i>Look for the good in others and notice their strengths</i>
<b>Sunday 5<sup>th</sup> May</b>
<i>Do three extra acts of kindness for other people</i>
<b>Monday 6<sup>th</sup> May</b>
<i>Make time today to do something kind for yourself</i>
<b>Tuesday 7<sup>th</sup> May</b>
<i>Say something positive to everybody you meet today</i>
<b>Wednesday 8<sup>th</sup> May</b>
<i>Do an extra 15 minutes of physical activity, preferably outdoors</i>
<b>Thursday 9<sup>th</sup> May</b>
<i>Write down ten things you feel grateful for in life and why</i>
<b>Friday 10<sup>th</sup> May</b>
<i>Go to bed an hour earlier than normal</i>
<b>Saturday 11<sup>th</sup> May</b>
<i>Take 10 minutes to sit still and just breathe</i>
<b>Sunday 12<sup>th</sup> May</b>
<i>Use of of your personal strengths in a new way</i>