



Wellbeing Activity Plan 11

Here is your personal wellbeing activity plan

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

Saturday 4th May

Ask other people about things they have enjoyed recently

Sunday 5th May

Take a small step towards an important goal

Monday 6th May

Spend 10 minutes on a bench on the village green appreciating the trees

Tuesday 7th May

Learn something new and share it with others

Wednesday 8th May

Be kinder to yourself when you make mistakes

Thursday 9th May

Walk round the perimeter of Homefield Park and listen to the birds

Friday 10th May

Use of of your personal strengths in a new way

Saturday 11th May

Get back into contact with an old friend that you miss

Sunday 12th May

Visit a shop in the village that you have not been in recently and notice what surprises you