



Wellbeing Activity Plan 13

Here is your personal wellbeing activity plan

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

Saturday 4th May

Switch ALL your tech 2 hours before bedtime

Sunday 5th May

Put away your devices and focus fully on who are with

Monday 6th May

Do an extra 15 minutes of physical activity, preferably outdoors

Tuesday 7th May

Eat healthy food which really nourishes you today

Wednesday 8th May

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

Thursday 9th May

Learn something new and share it with others

Friday 10th May

Try out something new to get out of your comfort zone

Saturday 11th May

Do three extra acts of kindness for other people

Sunday 12th May

Take a different route today and see what you notice