



Wellbeing Activity Plan 2

Here is your personal wellbeing activity plan

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

Saturday 4th May

Do three extra acts of kindness for other people

Sunday 5th May

Say something positive to everybody you meet today

Monday 6th May

Write down ten things you feel grateful for in life and why

Tuesday 7th May

Take 10 minutes to sit still and just breathe

Wednesday 8th May

Learn something new and share it with others

Thursday 9th May

Thank three people you're grateful to and tell them why

Friday 10th May

Make something happen for a good cause

Saturday 11th May

Put a worry into perspective and try to let it go

Sunday 12th May

Eat healthy food which really nourishes you today