



Wellbeing Activity Plan 20

Here is your personal wellbeing activity plan

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

Saturday 4th May

Get back into contact with an old friend that you miss

Sunday 5th May

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

Monday 6th May

Put away your devices and focus fully on who are with

Tuesday 7th May

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

Wednesday 8th May

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

Thursday 9th May

Eat healthy food which really nourishes you today

Friday 10th May

Say something positive to everybody you meet today

Saturday 11th May

Decide to lift people up rather than put them down

Sunday 12th May

Learn something new and share it with others