



## *Wellbeing Activity Plan 21*

Here is your personal wellbeing activity plan

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

### **Saturday 4<sup>th</sup> May**

*Be kinder to yourself when you make mistakes*

### **Sunday 5<sup>th</sup> May**

*Take 10 minutes to sit still and just breathe*

### **Monday 6<sup>th</sup> May**

*Count how many people you smile at today*

### **Tuesday 7<sup>th</sup> May**

*Put a worry into perspective and try to let it go*

### **Wednesday 8<sup>th</sup> May**

*Make time today to do something kind for yourself*

### **Thursday 9<sup>th</sup> May**

*Decide to lift people up rather than put them down*

### **Friday 10<sup>th</sup> May**

*Ask other people about things they have enjoyed recently*

### **Saturday 11<sup>th</sup> May**

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

### **Sunday 12<sup>th</sup> May**

*Have a friendly chat with a stranger*