



## Wellbeing Activity Plan 23

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

Try out something new to get out of your comfort zone

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

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

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

Look for the good in others and notice their strengths

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

Decide to lift people up rather than put them down

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

Switch ALL your tech 2 hours before bedtime

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

Do three extra acts of kindness for other people

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

Today do something fun – preferably with others

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

Make something happen for a good cause

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

Make time today to do something kind for yourself