



Wellbeing Activity Plan 25

Here is your personal wellbeing activity plan

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

Saturday 4th May

Today do something fun – preferably with others

Sunday 5th May

Put a worry into perspective and try to let it go

Monday 6th May

Go to bed an hour earlier than normal

Tuesday 7th May

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

Wednesday 8th May

Try out something new to get out of your comfort zone

Thursday 9th May

Make something happen for a good cause

Friday 10th May

Do an extra 15 minutes of physical activity, preferably outdoors

Saturday 11th May

Write down your dreams and plans for the future

Sunday 12th May

Be kinder to yourself when you make mistakes