



Wellbeing Activity Plan 26

Here is your personal wellbeing activity plan

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

Saturday 4th May

Put away your *devices* and focus fully on who are with

Sunday 5th May

Eat healthy food which really nourishes you today

Monday 6th May

Learn something new and share it with others

Tuesday 7th May

Do three extra acts of kindness for other people

Wednesday 8th May

Challenge your negative thoughts and look for the upside

Thursday 9th May

Get back into contact with an old friend that you miss

Friday 10th May

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

Saturday 11th May

Say something positive to everybody you meet today

Sunday 12th May

Write down your dreams and plans for the future