



Wellbeing Activity Plan 31

Here is your personal wellbeing activity plan

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

Saturday 4th May

Visit a shop in the village that you have not been in recently and notice what surprises you

Sunday 5th May

Challenge your negative thoughts and look for the upside

Monday 6th May

Today do something fun – preferably with others

Tuesday 7th May

Take a small step towards an important goal

Wednesday 8th May

Have a friendly chat with a stranger

Thursday 9th May

Put a worry into perspective and try to let it go

Friday 10th May

Switch ALL your tech 2 hours before bedtime

Saturday 11th May

Learn something new and share it with others

Sunday 12th May

Go to bed an hour earlier than normal