



## Wellbeing Activity Plan 9

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

Use of your personal strengths in a new way

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

Eat healthy food which really nourishes you today

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

say hello to a neighbour and get to know them better

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

Do three extra acts of kindness for other people

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

Ask other people about things they have enjoyed recently

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

Get back into contact with an old friend that you miss

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

Count how many people you smile at today

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

Say something positive to everybody you meet today

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

Switch ALL your tech 2 hours before bedtime