

It is so important to look after our wellbeing to make sure we feel happy and well inside and outside. Pick activities from the table below to complete by yourself or with your family.

				
Make your own circuit by choosing 4 of the following: 5 star jumps 5 burpees 5 squats Run on the spot for 30 seconds High knees for 30 seconds 5 push ups Lunge from one end of the room and back again 3 times 5 sit ups	Bake a treat or cook dinner together Play a board game Complete a puzzle together Put on a show with your family Have a competition of who can build the tallest free-standing tower using dried spaghetti and tape Have a video call with a relative Play indoor basketball using a bin and a rolled up pair of socks	Give your time to someone in your home - this could like to connect! Write a letter and post it to a neighbour, friend or relative. You could even write a letter to a resident at Monkscroft Care Home and post it on your daily walk Make a bird feeder to hang outside Create a card for someone you live with thanking them for everything they do for you	Learn a new skill like sewing or knitting Learn to say hello, my name is.... in another language Learn semaphore or Morse Code and send each other messages Look at a map and plan an adventure (either one you might do later or a complete fantasy round the world trip). Research the places you would like to visit. Learn your favourite song in sign language.	Go for a walk and play I-Spy Paint/draw/colour a picture - you could even do this to music. Create a gratitude journal - what are you thankful for this week? Think about how you are feeling today Listen to the sounds of nature like the wind and rain Notice how your friends or family are feeling today