



## 5 Keys to Well-Being

Here are some activities related to the 5 keys to well-being that you might like to try over the half-term. The message behind the 5 Keys to well-being is how we can keep and improve our emotional and mental well-being.



Go for a different walk and see what you can find.

Reflect on the positives - what are you grateful for?

Smile at people you walk past.

Take notice of what you see around you.

Plan for your future.

Try a new food.

Think about who inspires you and why

Call up a friend/family and see how they are.

Write a letter to a friend.

Spend time with people in your house and talk.

Smile at a person in the street and say hello (from a distance)

Share a quote you like with your friends.

Go through your items and make a pile to donate to charity (when we can).

Offer to help people in your house.

Cook a dinner.

Complete some chores around the house.

Surprise someone with a card.

Have time to relax.

Research something you've always wanted to find out about.

Discover something new.

Read a new book - write a review.

Learn something new about yourself.

Think about different feelings.

Learn a new dance routine or sport.

Go for a walk

Take part in the Daily Mile

Stretch and move your body

Do some gardening

Make some bread (its hard work)

Climb a tree

Learn a new sport at home

Create an obstacle course