



Five ways to Wellbeing Challenge

Day one: *Connect with someone who you are not usually close with, eg ask them to play, have a little chat, help them out or just give them a smile.*

Day two: *Notice something beautiful or unusual in the world around you.*

Day three: *Identify one thing you learnt today and tell someone about it.*

Day four: *take on an extra activity today, try to make it something you wouldn't normally do.*

Day five: *Give someone your time today. Maybe sit with someone and chat. Or ask your mum if there is something you can do to help.*