



# Wellbeing Matters



Please keep a log of all the wellbeing challenges you have completed using the wellbeing matters diary sheet.

## Week 2

Create an 'I'm bored' jar with your family. Fill the jar with ideas of things to do, such as 'Read a book', 'Build a castle from lego', or 'Play with my baby sister'. Next time you're bored, reach in for an idea...

Share an inspiring quote with others

Take a minute to consider what really matters to you and why

Do something kind for someone in your house

Find a space where you can sit and spend 5 minutes focusing on your breathing

Let someone know how much they mean to you

Find 3 good reasons to be hopeful about the future