



Wellbeing Matters



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

Week 3

Send friends a photo of a time you all enjoyed together

Spend some time outside appreciating the beauty around you

Create an uplifting playlist

Do something kind for a friend

Spend 10 minutes reading your favourite book

Declutter your room and try to make it a more calming and peaceful space

Find a healthy recipe online

(<https://www.bbcgoodfood.com/recipes/collection/family-meal>) and offer to cook it with/for your family.