



Wellbeing Matters



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

Week 4

Paint or draw your family tree (<https://www.familytreetemplates.net/category/kids>). Under each person's name, write something you like or admire about them.

If you are lucky enough to have a pet, spend 20 minutes playing together today. Try and teach your pet a new trick! If you do not have a pet, you can invite animals to your home by creating a bird feeder (<https://www.youtube.com/watch?reload=9&v=7yV6V6rtpyc>).

Print out or draw a map of your local area, mark on 3 of your favourite spots

Write down five reasons why your friends are good friends and five things you like to do together.

Write and send a postcard to a friend

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.