



Wellbeing Matters



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

Week 3

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

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

Write and send a postcard to a friend

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

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