



Wellbeing Matters



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

Week 4

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

Create an uplifting playlist

Do something kind for a friend

Spend 10 minutes reading your favourite book

Spend some time outside appreciating the beauty around you – note 5 things of interest.

Draw a picture of a place where you love to spend time