



# Wellbeing Matters



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

## Week 5

Write a short letter about yourself and your hopes for the future. Hand the letter in to your tutor when we return.

Do some chores around your home without being asked

Tell everyone in your home why they are special to you

Make someone at home a hot drink without being asked

Try a new sport

Open the door for someone