



# Wellbeing Matters



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

## Week 6

Write out a selection of positive quotes on slips of paper, place the slips secretly in places around your home for others to find.

What are you looking forward to the most when you return to SDCC and Atrium soon? Write an email to one of your friends explaining your thoughts

Write a card for someone who has helped you in the past

Change your pattern of technology use. Try a day with no screen time for social media.

Try to get an early night