

Wellbeing Activities

- 1) Take a selfie of yourself and write down 5 things that you like about yourself.

- 2) Draw a smiling face in the middle of a piece of paper quite large. Write down 10 things that make you smile. Whenever you are feeling down, pick one of the 10 things to try and make you feel happy again.

- 3) Draw a portrait of all of the people in your household/family. Write something that this person does that makes you feel happy.

- 4) Take part in some meditation/yoga.

<https://www.youtube.com/watch?v=64QzBuhSyuk>

- 5) Design a poster which symbolises positivity and happiness.