

Positive Minds; Online

Weekly Well-being Checklist

The 5 ways to wellbeing

To Connect, To Learn, Be Active, Take Notice & To Give.

Using the checklist below, how many of them can you complete this week?

Tick the ones you have completed and take photos/videos of as many as you can and share with your teachers.

At the end of the week, share your table with your teacher.

Goodluck and enjoy!



<p>To Connect</p> <p>We should aim to connect everyday by talking, playing a game or spending time with others</p>	<p>Can you help someone in your household with a task? e.g cooking or cleaning</p>	<p>Can you be go for a walk/cycle outside your home?</p>	<p>Can you help someone in your household learn a new skill?</p>	<p>Can you connect with someone you haven't spoken to in the past week?</p>	<p>Can you go for a walk and talk with someone that you live with?</p>
<p>To Learn</p> <p>We should always aim to learn something new everyday at school or in our own time. We learn better if it is something we want to learn.</p>	<p>Can you be active for 30minutes in your home?</p>	<p>Can you complete one of the other challenges with someone in your household?</p>	<p>Can you share something Watford FC related?</p>	<p>Can you learn 3 new things about someone in your household that you did not know before?</p>	<p>Can you write down 3 things you are grateful for?</p>
<p>Be Active</p> <p>Physical activity is one of the best things for our mental and physical health. Aim to be active 150 minutes per week</p>	<p>Can you write down three things you are grateful for?</p>	<p>Can you help or support a pet or wildlife? e.g walk a pet or feed a squirrel/bird</p>	<p>Can you learn 5 words in a language you do not know?</p>	<p>Can you create a new Tik-Tok style dance?</p>	<p>Can you share a favourite photo of yourself with others you have in your household?</p>
<p>Take Notice</p> <p>It is important to take notice of the things around us, what we enjoy doing and people close to us</p>	<p>Can you identify one thing you have always wanted to learn and practice it?</p>	<p>Can you draw a picture of an item you can see right now?</p>	<p>Can you send a different positive message to 3 people?</p>	<p>Can you write down and share one of your favorite memories?</p>	<p>Can you create an activity with two or more other people?</p>
<p>To Give</p> <p>It is important to look after ourselves and others. Helping others by supporting, sharing or being nice also benefits our mental wellbeing.</p>	<p>Can you facetime/Video call one of your friends from school? The more in the call the better</p>	<p>Can you learn a new sport skill?</p>	<p>Can you create a new solo celebration and film it?</p>	<p>Can you take a photo of somebody that is important in your life?</p>	<p>Can you learn something new with one other person in your household?</p>