

5 Ways to Wellbeing

Be Active

Challenge: How can you 'Be Active' this week?

Getting active can make you feel good and keep you healthy. Evidence shows that an improvement in your physical health can help improve your mental health. Exercise releases happy hormones in your brain and this helps you to feel more positive.

Get building

Build a den (inside or outside) with someone else.

Bikes and scooters

Go for a ride on your bike or scooter.

Treasure Hunt

Ask an adult to set up a treasure hunt or an Easter egg hunt for you. Could you set one up for someone else?

Balloon fun

Challenge someone else to a 'keeping the balloon from touching the floor' game.

Egg and spoon race

Instead of an egg and spoon race, have a water balloon and spoon race.

Disco Fever

Have a family disco in your lounge – take it in turns to pick the music.

Bubbles, bubbles, bubbles

Go outside and blow bubbles. Can you catch any?

Enjoy the outdoors

Play a game outside such as skipping, star jumps or keepy-uppys...or why not try some gardening.

Shopping bag race

This is like a sack race but with a sturdy shopping bag.

Shake it up

Try one of Change4Life and Disney's shake up games: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Juggling

Can you juggle with rolled up sock balls?