

Wellbeing Week 1

- **Be active**– Challenge yourself to do some yoga. The great thing about yoga is that it can suit people of all abilities. You do not have to be "sporty" or "athletic", yoga is for everyone. It can be slow and calming, it can be challenging and it has major benefits to our physical as well as mental health. Use the link to the video or find your own yoga tutorial to follow. Yoga is great outdoors or indoors. <https://www.youtube.com/watch?v=vMMRb10LtGM>
- **Create** – Using images, textures, colours and words to create a collage detailing who you are. Who are you? And what makes you you? Use magazines and newspapers to print out words to create a collage, if you cannot access magazines you could print the words. Be creative and use colour.
- **Take notice** – Get outside and notice the world around you. Take part in the Wildlife Trust's '30 days Wild' <https://action.wildlifetrusts.org/page/57739/petition/1?locale=en-GB>
- **Stay connected** – message someone you haven't spoken to in a while, it could be a family member or a friend. Maybe write them a letter filling them in on what you have been doing and asking about how they are.
- **Give** – send a thank you note to someone.