

The 5 Ways

Learn



Connect



Take Notice



Give

Be Active



Wellbeing at Home



Create a good routine Keep work area tidy
Eat regular meals Do some exercise each day

Every half an hour have a break, stretch and
get some fresh air

Remember to be kind
Decide to enjoy
what you are
doing



See how many spring flowers you
can find when you are out...



Website for:
wellbeing activity ideas for families
<https://www.place2be.org.uk/our-services/parents-and-carers/>

Listen to the birds



Ideas for looking
after yourself and
your family this
holiday



Winter Watch BBC—if you have access to BBC iplayer this
is a lovely watch for those who like nature. There are 10
episodes available to watch this school holiday.

<https://www.bbc.co.uk/programmes/p012msk2>



www.messylittlemonster.com

Why not try this Nature Walk Treasure Hunt, or make your own?