



INDOOR WELLBEING TASKS



You are smart. You are special. You matter.

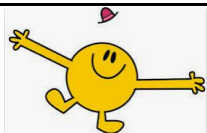
Draw a picture of a happy memory you have.



Practise mindful breathing throughout the day:
4 second inhale, 4 second exhale.

Look for something positive to say to everyone you see today.

Write down some special talents you have.



Offer a hug to someone you love.

Say thank you for an act that usually goes unnoticed.

Write a list of things you are thankful for.

Make a card for a loved one.



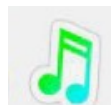
Take a break from digital devices and actively listen to the people around you.

Look at yourself in the mirror and say 3 things you're proud of.

Write down all the things you're good at.

Draw a portrait of someone you admire and tell them why you admire them.

Write about how you are feeling today and name the emotions.



Listen to a song you that you like and sing along.

Have a family dance party.

Ask your family what makes them feel happy.



Watch a movie.

Write a letter to someone you miss.





OUTDOOR WELLBEING TASKS



You are smart. You are special. You matter.

Go outside, close your eyes and listen carefully.
What are 5 sounds you can hear?



Make some wild art using sticks, leaves, flowers or anything else you can find outdoors.

Find a pond or use a bucket of water. Touch it and see how many ripples you can make with 1 finger, 2 fingers or a rock.



Go outside and collect pebbles or rocks to make a tower. See how tall you can make your tower.

Go for a walk to get some fresh air. Skip, run, jump and just have fun outside.

Lay and look at the clouds. Describe what shapes and pictures you see.



Make up your own 5 minute exercise routine.



Start a nature diary and keep note of what you see outside each day (e.g. weather, flowers and birds).

Do some gardening. Maybe you can pull out some weeds, pick up leaves or even plant a seed.

Go outside and water a plant or the grass.



Have a picnic in your backyard.

Investigate what side of your house the sun rises and sets on.