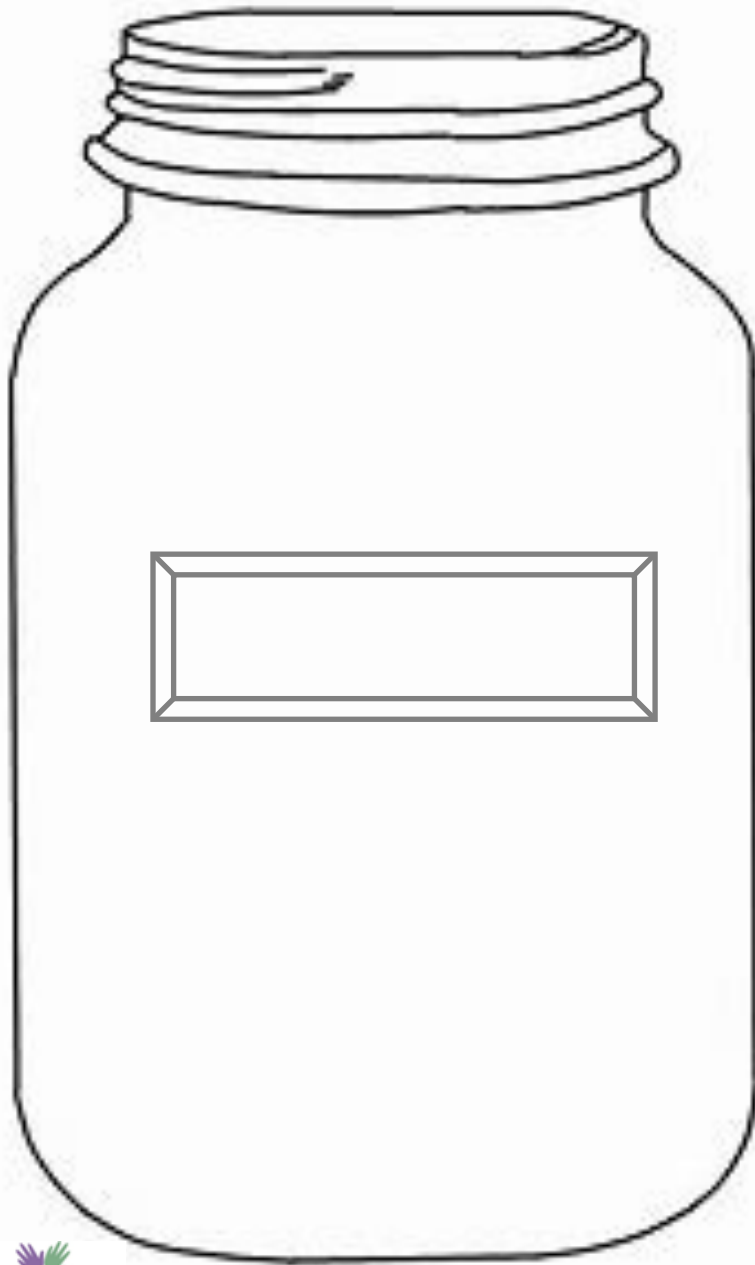


My Wellbeing Jar

Write your name on the jar. Choose a marble colour and an activity from the NHS 5 Ways to Wellbeing. Colour a marble each time you do this activity during the week.



Connect — with friends and family. You may spend time with family at home, video call a relative or friend, you may write them an email or letter.



Be Active— jump on the trampoline, dance, skip, do star jumps, jog on the spot.



Take Notice — Be aware of the world around you—notice flowers, leaves and the changing seasons.



Keep Learning — Learn to play an instrument or to cook your favourite food. Do research on a country, a sport or an animal.



Give — Do something nice for someone, smile at them, help them with a chore, draw them a picture.

