

# Finding your way to well-being

Movement Monday (Be active)	Talking Tuesday (Connect)	Wake-up Wednesday (Take notice)	Thinking Thursday (Keep learning)	Friendly Friday (Give)	Shake-it-up Saturday (5 ways)	Self-care Sunday (5 ways)
Go on a walk to find animals	Create a Kooth account	Take time to recognise your emotions and how you are feeling	Listen to podcasts	Make a card or a gift for someone you care about	Take a photograph of something you notice	Complete a self-care activity
Dance to your favourite song	Join an online community	Write a list of positives and add them to a jar	Learn a new language on Duo Lingo	Validate someone's feelings	Watch your favourite film	Have a long bath or shower
Do the daily mile	Speak to others in a Whatsapp group	Look at a photo album of happy memories	Learn a new language on Duo Lingo	Help around the house	Do the daily mile	Massage your hands
Go for a walk while listening to music	Create a group video call	Watch comedy shows	Learn a new skill (e.g. an instrument, balloon modelling)	Tell someone a positive thing about themselves	Take time to recognise your emotions and how you are feeling	Speak to others in a Whatsapp group
Do the daily mile	Play a board game with the family	Sit and have a hot/cold drink	Read up on a new topic	Volunteer your time	List positive qualities about yourself	Go on a bike ride



Created by young people for young people

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Be active	Connect	Take notice	Keep learning	Give
<ul style="list-style-type: none"> <li>- 30 minute bike ride</li> <li>- Go for a walk while listening to music</li> <li>- Walk your dog</li> <li>- Ride a horse</li> <li>- Go on a walk to find animals</li> <li>- Playing active games on the Wii (e.g. Just Dance)</li> <li>- Swimming</li> <li>- Dance to your favourite song</li> <li>- Start Couch to 5K</li> <li>- Do the daily mile</li> <li>-Go on a treasure hunt</li> </ul>	<ul style="list-style-type: none"> <li>- Call someone you have not spoken to in a while</li> <li>- Speak to others in a Whatsapp group</li> <li>- Join a club or group with a common interest</li> <li>- Make a kahoot quiz</li> <li>- Join an online community</li> <li>Create a Kooth account</li> <li>- Create a group video call</li> <li>- Play a board game with the family</li> </ul>	<ul style="list-style-type: none"> <li>- Take a photograph of something you notice</li> <li>- Look at your surroundings in a scenic environment</li> <li>- Take time to recognise your emotions and how you are feeling</li> <li>- Write a list of positives and add them to a jar</li> <li>- Write something down that makes you happy</li> <li>- Look at a photo album of happy memories</li> <li>- List positive qualities about yourself</li> <li>- Tell someone what you think of them</li> <li>- Watch comedy shows</li> <li>- Reflect on your own abilities</li> <li>- Sit and have a hot/cold drink</li> </ul>	<ul style="list-style-type: none"> <li>- Educate yourself on a new topic</li> <li>- Read up on a new topic</li> <li>- Listen to podcasts</li> <li>- Learn a new language on Duo Lingo</li> <li>- Watch TV shows in a different language</li> <li>- Learn a new skill (e.g. an instrument, balloon modelling)</li> <li>- Create a piece of writing</li> <li>- Learn how to meditate</li> </ul>	<ul style="list-style-type: none"> <li>- Buy someone a gift</li> <li>- Spend time with someone to make them feel valued</li> <li>- Validate someone's feelings</li> <li>- Make a card or a gift for someone you care about</li> <li>- Create a post card or a letter to give to someone</li> <li>- Volunteer</li> <li>- Help around the house</li> </ul>