

5 Ways to Wellbeing w/c 24th Feb 2020 - **FAMILIES**

We hope you will get involved! None of this is compulsory but it may be helpful and fun and increase your wellbeing. The week lands on Ash Wednesday.

Monday G Giving	<ul style="list-style-type: none"> • Donate to MIND • Call a relative you haven't spoken to for a while • Enjoy cooking and eating a meal together • Play a card game or board game together rather than disappear off into different rooms with your devices • Wear a bit of pink or a bright colour to show your support for getting connected
Tuesday R Relate	<ul style="list-style-type: none"> • Call a relative you haven't spoken to for a while • No phones, TV or devices at dinner time - enjoy cooking and eating a meal together • Play a card game or board game together rather than disappear off into different rooms with your devices • Wear a bit of blue or a bright colour to show your support for getting connected
Wednesday E Energise	<ul style="list-style-type: none"> • Do something active with your family - go for a walk, go swimming, go out on a bike ride or find a YouTube video of Yoga try some exercises • Take the stairs not the lift • If you're at work, walk to someone's desk instead of emailing • Wear a bit of purple or a bright colour to show your support for being active
Thursday A Awareness	<ul style="list-style-type: none"> • NO PHONES DAY! See if families could manage to go 24 hours without using their phones. • Go out for a walk and see if you can notice the sights and sounds of nature in your local area. • Have a clear out - non-clutter day • Get a plant for your home and workspace • Take a different route to work or visit somewhere different at lunch time • Wear a bit of orange or a bright colour to show your support for taking notice and being aware of others
Friday T Try something new	<ul style="list-style-type: none"> • Call in on an elderly relative or neighbour to see if you can help with any odd jobs • Say thank you to someone who has helped you - send them a message or write a letter to show how much it meant to you • Donate your old clothes, books or toys to a local charity shop • Wear a bit of green or a bright colour to show your support for giving • Go out as a family to somewhere new to start the weekend off in high spirits