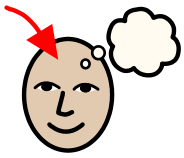
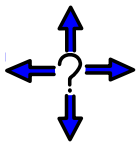
Connect



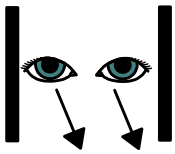
Keep learning



5 ways to

wellbeing

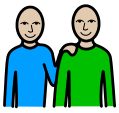
Be active



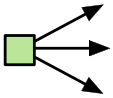
Take notice

Give

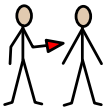
Connect

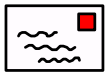


Communicate with a friend or family member to

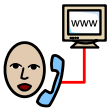


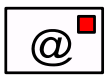
spread positivity.





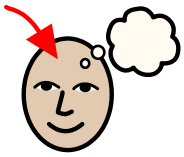
You could - draw a picture, write a letter,





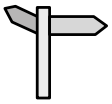
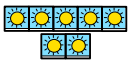
facetime, skype, text message, email, tell a joke,

phonecall



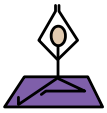
Keep learning

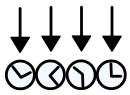
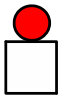
Go on the makaton website and learn

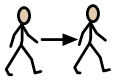
the sign of the week

Be active



Find a yoga or exercise routine on youtube

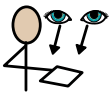
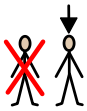


to follow.

Take a picture of **1** one

move, pose or

exercise to

show someone else.

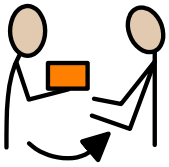
Take notice

Go outside, either in your garden or for a walk.

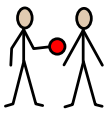
Use your senses - touch, smell, listen, look.

Explore something you have not noticed before.

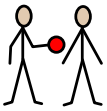
You may discover a spring flower, a funny shaped cloud, a minibeast (link to topic work)



Give



Help someone in your house with a job.



Make something to give to someone in your

house (a card, a picture, a note, a lego model)