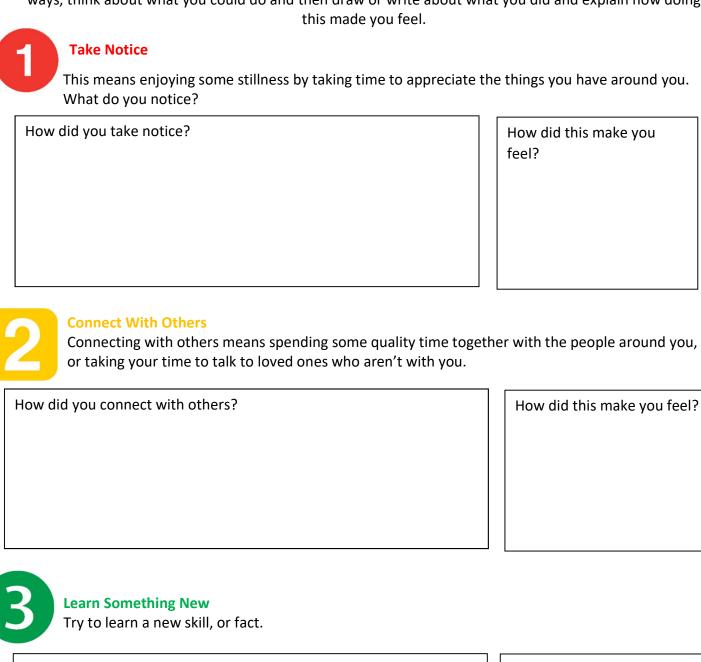


Watch the video '5 ways to wellbeing'.

https://www.youtube.com/watch?time\_continue=9&v=yF7Ou43Vj6c&feature=emb\_title\_The video talks about 5 different things that you could do to improve your mental and physical wellbeing. For each of the 5 ways, think about what you could do and then draw or write about what you did and explain how doing this made you feel.



What did you learn?

How did this make you feel?



## **An Act of Generosity**

Think about something that you could do to for someone else. You could make your siblings bed, offer to do some jobs or draw someone a picture.

What was your act of generosity?	How did this make you feel?
Exercise  Exercise is so important to keep us mentally and physicall football in the garden, or join in with Joe Wicks.	y healthy. You could go for a walk, play
What exercise did you complete?	How did this make you feel?