

Summer of Wellbeing

Be Kind, Be Curious, Be Connected...



Take Notice



Have a go at some mindful colouring

Make a collage of all the things that make you happy

Explore the park using a nature book/ app

Paint a picture of yourself – use a mirror to help

Choose objects to put in a time capsule or memory box

Do a blindfolded taste test

Do a body scan while checking in with all of your senses

Make a sensory garden patch or plant pot

Keep Learning



Try a new recipe or ingredient

Learn a new skill from a member of your family

Find out about the history of your local area

Learn to play a new card game

Have a go at upcycling an old item

Learn to make a paper plane and fly it

Learn the names of the birds you can see in your local area

Design and make a board game to play

Be Active



Have a family sports day

Find somewhere new to explore together

Go for a walk/ run/ bike ride with a friend

Put your favourite music on and dance

Make a treasure map for a friend to follow

Create an activity circuit in chalk on the pavement

Go for a walk locally and see what changes you notice

Play hide and seek

Give



Donate some money or your time to a charity

Carry out a random act of kindness

Bake something tasty and deliver it to a neighbour

Give someone in your family a compliment

Make a seed bomb to brighten up a neglected area

Create a kindness box at home

Make a socially distanced visit to someone who might be lonely

Have a 'Kindness Day'

Connect



Make a card and send it to someone special

Have a games evening

Go on a picnic with a friend

Work together to complete a jigsaw

Host a family 'Come Dine With Me'

Organise a virtual book club/ quiz

Make a family tree and find out about your ancestors

Build a den together

