

It is important we actively look after our wellbeing during times of change. Following the 5 ways to wellbeing can help us find positivity and better our minds and bodies.

5 ways to Wellbeing

Activities to try at home for young people

BE ACTIVE

Play your favourite songs and dance around for 30 minutes each day. Tidying the house gives a whole body workout. Try yoga via exercise channels online or Joe Wicks Monday workouts at 9am on his YouTube channel

TAKE NOTICE

Be aware of your surroundings. Look out the window or go for a walk and really take notice of the area you live. What do you notice you haven't seen before?

CONNECT

Find out something new about as many people as you can. Even if you have been friend forever. Make a list and see who has the most interesting fact

GIVE

Help out where you can. Offer to help neighbours, walk the dog, send a note to someone that might need it or tidy up your community to make it a pleasant place to be.

KEEP LEARNING

Try making a meal using store cupboard ingredients. Learn a new language using online platforms. Play board games that involve general knowledge.