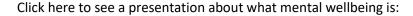
Five Ways to Wellbeing

Watch this video to find out about the five ways to wellbeing: https://www.youtube.com/watch?v=yF7Ou43Vj6c&safe=active







Be Active

https://www.youtube.com/watch?v=fRpqbOPrORE&safe=active

Connect (please note that if you are self-isolating some of these ideas may not be appropriate) https://www.youtube.com/watch?v=WIJ5h4ZoYm8&safe=active

Can you create a recipe for Friendship Soup? Check out this video to help you with ideas: https://www.youtube.com/watch?v=nQOGG3SDJfk&safe=active

Keep Learning

https://www.youtube.com/watch?v=l-oMTDPiSc0&safe=active

Can you learn how to do "The Cup Song"?

https://www.youtube.com/watch?v=09Y5QrB2VwI&safe=active

Cup Song Tutorial https://www.youtube.com/watch?v=Y5kYLOb6i5l&safe=active

Take Notice

https://www.youtube.com/watch?v=ubdYoQkpjAY&safe=active

Watch this video and identify 10 things which stay the same and 10 things which change over the years: https://www.youtube.com/watch?v=ZrWVI0IH8TA&safe=active

Try to do one of the Five Ways to Wellbeing every day to keep your spirits up and look after your mental health.