

Physical wellbeing	Emotional wellbeing	Social wellbeing	Cognitive wellbeing	Spiritual wellbeing
Go to your backyard (if you have one) and kick a ball around or play handball against a wall.	Sit down with your family to chat about your days for at least 20 minutes.	Write a letter to you teacher telling them about what you are looking forward to when you go back to school.	Unwind by having a movie night at home, with comfy pjs, blankets and popcorn.	Participate in a yoga, pilates or meditation session. Ask family member to help you find one or create your own.
Place a pencil on the floor and jumps over forwards and backwards, 10 times. Then jump 10 more times side to side.	Give yourself a break - play your favourite game for the afternoon. It might be a computer game, board game or an activity.	Ask a family member to help you call one of your friends to have a chat.	Balance a book on your head. Try to stand up, walk to the front door, walk back and sit down without dropping the book.	At the same time of every day, think of one thing to be thankful for.
Dance along to your favourite song	Write a list of things that you are worried about, and talk to your family about it to help calm your worries.	Write a list of all your friends and the things you like most about them.	Move your workstation to your balcony or backyard for an hour if you can.	Sit outside in a shady spot and read a book or listen to some quiet music.
Participate in a virtual workout for at least 15 minutes. Some examples are Just Dance, Wii sports and YouTube fitness videos.	Complete a mindfulness colouring sheet. You can print one, or go to https://colormandala.com/ and colour one online.	Play a card game with your family members.	Complete a log book of how you feel each day over the next week.	Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.
Go for a walk outside.	Tidy your room / desk.	Go to someone you live with and tell them something you love about them.	Try hot writing – choose a short period of time such as one minute and try to keep your pen or pencil moving for the entire time. You can write about anything you want!	Write 10 things that are amazing about you. It can be skills, values or special qualities you have!