



# WEEKLY *Well Being*

## *Wednesday*

Write down 5 things you are thankful for and why

## *Thursday*

Move your body for 30 minutes.  
Jump, walk, stretch, dance

## *Friday*

Tell a family member something you admire about them.  
Write a letter, send them a text.

## *Saturday*

Acknowledge how you're feeling by saying it out loud.

## *Sunday*

Watch a favourite childhood movie

## *Monday*

Head Outdoors and notice 5 things you can see, hear or touch.

## *Tuesday*

Eat a healthy meal and notice how you feel