

# WELLBEING WEDNESDAY

## WEEK 4

Activities themed around the 5 ways to wellbeing to help you feel better!



ST DOMINIC'S COLLEGE

'Dominus Lux Mea' The Lord Is My Light

This week there are new activities to help you have some fun and stay well!

Click on the links to discover more.

*Mrs Birckett*

## Be Active



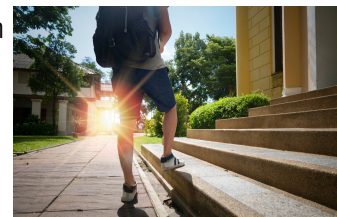
DO WHAT YOU CAN.  
ENJOY WHAT YOU DO.  
MOVE YOUR HOOD

Step challenge!

Use an app to keep track of your daily steps.

See if you can reach 10,000 each day.

Find creative ways to add to your total.

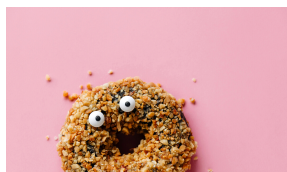


## Give



Your time,  
your words,  
your presence

Laughter is the best medicine!  
Send someone a meme, a funny clip or tell a joke.  
Notice how it feels to get a laugh.



## Keep Learning



EMBRACE NEW EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF

Puzzle time!  
Be the first to solve puzzle. Click on the link to try,



## Take Notice



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

Mindfulness colouring  
Use an app or old school book to colour in. Try this link to printable pages



## Connect



TALK & LISTEN,  
BE THERE.  
FEEL CONNECTED

Connect with others over a game.  
Insta takeover theme: #familygames  
DM your or share your best pics here

ST DOMINIC'S COLLEGE  
**ISOLATION GAMES**