

Well-being Holiday Tasks

Tick off each activity you complete.

Remember to take time to rest and relax.

Go on a bike or scooter ride

Read a book

Make a gift for someone

Watch your favourite TV program

Spend time with your family

Laugh until your tummy hurts

Go outside and enjoy the weather

Ask about someone else's day

Cook or make something

Try something new (could be a food, activity, hairstyle or something else you fancy)

Help out at home

Make someone laugh

Run until you just can't anymore

Collect five interesting things from outside

Make a drink for someone in your family

Give someone a compliment