

## Term 2, Weeks 3-4 - Wellbeing Choice Board

Make a postcard for someone you care about. Write a message on the back and send it to them.



Do three acts of kindness to help others at home or school.

**Connect with nature.**

**Spend 15 minutes outside observing the world around you.**

**Write about or draw what you notice most.**

Play a game you enjoy with one of your friends or family members.

Look outside or around your home for rainbows.



Call a loved one and ask them to tell you about one of their happiest memories.

Draw or paint what you see.

Prepare and share lunch with your loved ones.



Enjoy the conversations you have while sharing your food.

Make a scrapbook or poster of inspirational quotes.

Illustrate and decorate the quotes. Use colours that make you feel positive and motivated.

Choose a song that makes you feel happy and move to the music while you listen.

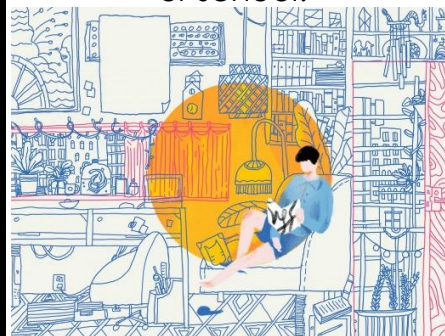


Think of one of the people you care most about and make a list of all the things you love about them.

Describe them in detail.

Paint a picture with your words.

Doodle all the details of your favourite place in your home or school.



<https://www.doodleaddicts.com/drawing-challenges/home-sweet-home-drawing-challenge/>

Do some research to compile a list of all the incredible things that happened on this day in years gone by.

