



5 Ways to Wellbeing for families

These are 5 things we can all do to stay healthy and feeling good :)



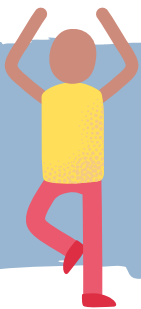
Give

your time, money or skills to others.



Keep learning

about things you are interested in.



Be active

move your body and have fun!



Take notice

of the things going on around you, and how you feel.



Connect

with friends, family and people you like.



ACTS OF KINDNESS

1

Help wash or tidy up after a meal

2

Make a thank you card to give to someone

3

Find a positive news story and share it with others

4

Bring a family member a snack

5

Create some colourful artwork to display

6

Give someone in your house a hug

7

Tell someone why you think they're great

8

Raise money or awareness for a local cause

#CoronavirusKindness #KindnessMatters



LET'S GET CURIOUS!

1

Got a favourite sports team? What do you know about them? Can you find out more?

2

Is there something you want to learn how to draw?

3

Do you want to know more about another country? Can you find it on a map?

4

What's your favourite food? Do you know the ingredients and how to make it?

5

Do you like dancing? Do you have a routine you would like to learn?

6

Do you know the names of the plants in your garden or local park?

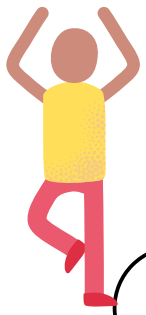
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Do you have a favourite song? Do you know all the words in it? What instruments are playing?

8

Do you like playing games or watching TV? Do you know how these devices work?

#LearningIsFun #LearningForLife



IT'S TIME TO MOVE YOUR BODY!

1

Put on your favourite music and dance!

2

Stretch as tall as you can, then curl up as small as you can. Repeat.

3

Play a game of tag with people in your house.

4

How far can you walk in 15 minutes? 30 minutes? Set a timer and see where you end up!

5

Play a game of hopscotch!

6

How many star jumps can you do in 30 seconds?

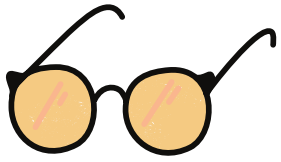
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Got a ball or two? Why not play a game of throw and catch or try juggling?

8

Give each letter of the alphabet a move or exercise, then spell out words with your body!

#KeepOnMoving #ActiveFamilies



NOTICING THINGS MORE

1

Take time to chew your food and enjoy all the flavours. What herbs or spices can you taste?

2

Feeling cold? Grab a blanket or put on your favourite snuggly jumper and enjoy the feeling of getting cosy.

3

Go outside or to a different room and name 5 things you can smell.

4

Lie down and do a nice slow stretch. Can you feel different parts of your body getting longer?

5

How are you feeling today? Draw a picture showing your mood.

6

Listen to a song. How does it make you feel? What other songs make you feel like this?

7

Look out of the window and list the things you can see. Describe their shape, colour and size.

8

Next time you have a wash see if you can spot the difference between how you were before and after. Do you smell different? Feel different?

#TakeNotice #Mindfulness



IN THIS TOGETHER

1

Call a friend or family member.

2

Tell a joke to someone, or send them a funny picture to make them smile

3

Make a quiz to do with others.

4

Ask someone about their favourite things and listen to their answers.

5

Give someone in your house a hug or hold their hand.

6

Remind people about something nice they did for you and how it made you feel.

7

Write a letter or post someone a picture.

8

Make a list of things you would like to do with others and share it with them, so you can look forward to things together.

#TogetherLeeds
#StaySafeStayConnected

Use this page to write down all the things you do that help you to stay healthy + well:



DID YOU ENJOY THIS ACTIVITY PACK?

Share what you've done with
us online or send feedback to:

✉ yourspace@touchstonesupport.org.uk

☎ 0113 426 1141

f Your Space Leeds

📷 your_spaceleeds

🐦 @YourSpaceLeeds

Thank you!



Community Wellbeing
+ Outreach Service

LS8 - LS9 - LS10 - LS11