

5-a-day

Be Active

Connect

Give

Get Involved

Take Notice

Examples

Dance around

Join a sports team

Follow an exercise video on YouTube

Do a Couch to 5K

Call/text someone you've not seen in a while

Join a school club

Organise a games night for family or friends

Plan and cook a meal with your family

Help someone with their bags

Offer to help your family around the house

Sit with someone who is on their own

Give some clothes you no longer wear to charity

Cook a new recipe

Learn 'Hello' in 10 different languages

Take up a new hobby – drawing, knitting, Sudoku

Join/create a school group that promotes an idea that you believe in

Spend time with a pet and notice how you feel afterwards

Go for a walk and take some pictures of nature

Sit still and breathe deeply for one minute; note how you feel afterwards

Write a list of things that you are grateful for

Provide some examples of the ways Innovate for Wellbeing helped you to....