



# 5 Ways to Wellbeing Challenge

This week's challenge is focused on.... **CONNECT**

**Connect** is all about talking, doing, and sharing things with others, our family and friends. Even though we are at home and not going to school, there are a lot of ways to connect to others! Being connected keeps us happy and healthy!

Do 1 or more of the suggested activities:

- 1) **Pick up the phone-** ask your parent to call your favourite family member or your friends and talk to them! This can be anyone, for example, your grandparents, aunt, uncle, cousin or school friend.
- 2) **Face to face-** phone calls are great but if you want to see who you're connecting with, video chats can be better! Ask your parent if you can video chat with a friend or family member.
- 3) **Games-** board games or card games can be a great way to connect with your family. Pick a time with your parents or siblings and play 1 game this week!



If you don't have a game, you can download this one for free <https://www.elsa-support.co.uk/roll-a-positive-question/>

- 4) **Share your feelings-** take time to talk about how you feel with your parents and friends. You can also draw or write how you feel if you prefer!

Don't forget to update your tracker sheet and share with your teacher how you connected with others!

