

Wellbeing Checklist

How many of these activities can you complete each week?		Say one nice/positive thing to someone	Write down 3 things that you are grateful for	Draw or paint a picture
Do a random act of kindness for someone	Go for a walk	Sit in the sun for five minutes	Tell someone important how much they mean to you	Laugh
Set a good example	Spend time in nature	List 3 things you like about yourself	Smile at someone	Write a poem
Give a compliment	Try a new activity	Do something that makes you happy	Take a photo of something nice	Have a tidy up
Thank people	Offer hugs to your family	Take time to check in with someone	Send a nice message to someone	Take time to ask someone how they are