The Wheel of Wellbeing

Here are some fun wellbeing tasks that you might like to have a go at completing. Try to do some from each category, to keep your 'wheel' nice and equal…

BODY	TICK	TICK
Spend an hour gardening		
Make an obstacle course in your garden		
Do some exercise for 20 minutes that will raise your heartbeat		
Go for a 2 mile walk with your family		
MIND	**TICK**	**TICK**
Read at least one book from start to finish		
Learn a poem or song off-by-heart and 'perform' it to your family		
Cook something that you have never cooked before		
Paint or draw something from nature		
SPIRIT	**TICK**	**TICK**
Bake a cake or biscuits to give to a neighbour (remember to keep a safe distance away when you hand them over)		
Write a letter to an elderly relative		
Spend 10 minutes in the garden and soak up the sounds, colours and smells of the nature around you		
Play your favourite song and dance, dance, dance!		
Make a card to tell your family how much you love them		
PEOPLE	**TICK**	**TICK**
Play a board game with your whole family		
Draw the curtains, make some popcorn and have a 'film night' together		
Complete a new puzzle		
Play some traditional party games – like musical chairs or charades		
PLACE	**TICK**	**TICK**
Take a photograph of the same place every day for two weeks and look to see how things change		
Tidy up your bedroom and have a sort out of your old toys		
Go for the same walk three times – in the morning, the afternoon and the evening. What is different and what stays the same?		
Choose a country that you know nothing about and find out 5 things about it		
PLANET	**TICK**	**TICK**
Go for a 'litter walk' and pick up any litter you see. Wear gloves and wash your hands when you get back home		
Turn off all the lights in the house that you are not using		
Plant a sunflower – watch it grow and measure the height every week		
Make a record of how many plastic bottles and containers you recycle in a week		