

February Half Term Challenge!

As a family, can you complete something for each of the 5 ways of wellbeing?

5 WAMS on offer on return of this sheet after half term!

Be creative!

Jot down what you did in each puzzle piece and colour it in if you'd like to too!

Have fun! :-)

1) GIVE

2) KEEP LEARNING

3) TAKE NOTICE

4) BE ACTIVE

5) CONNECT



Name and class: _____

