

Easter Break Challenge!

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

(There are lots of ideas on the MHWB newsletter!)

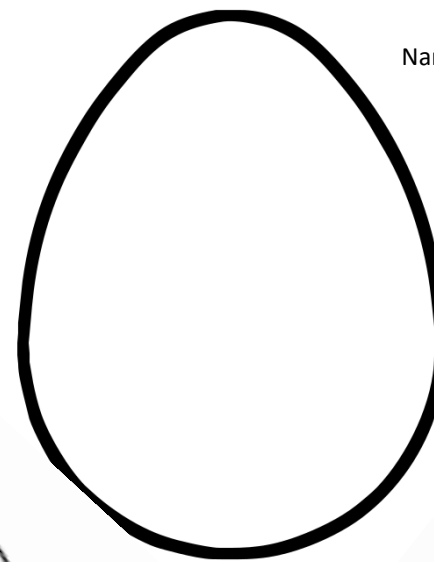
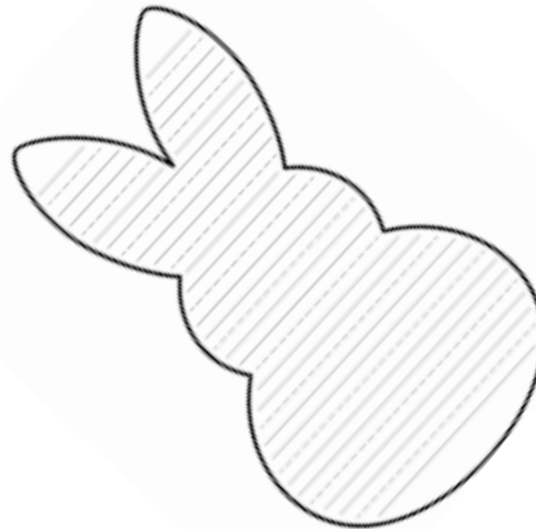
Be creative!

Jot down what you do!

Have fun! :-)

- 1) **GIVE**
- 2) **KEEP LEARNING**
- 3) **TAKE NOTICE**
- 4) **BE ACTIVE**
- 5) **CONNECT**

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



Name and class: _____



**EASTER
WELLBEING
CHALLENGE!**

