

Wellbeing homework challenge

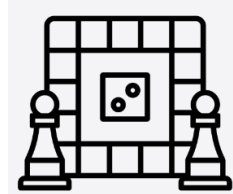
Connect with others - making connections helps us feel close to people and to value ourselves for who we are.

Try making connections this half term.



- If you feel comfortable, speak to someone new at school or at a club you attend after school.

- Ask a member of your family how their day was and really listen to their answer.



- Switch off electronic devices and play a game with family members.



- See if you can visit or call a friend or member of your family you haven't seen for a while.

- Wave, smile and say hello to your neighbours.

