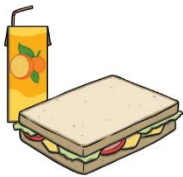


Wellbeing homework challenge

Once a week do something as a family that is kind to each other



- Tidy up together.
- Make a meal together.
- Play a favourite game together and be happy for the winner.
- Surprise each other with thank you notes.



Once this half term, do something as a family that is kind to your community:

- Go on a family litter pick.
- Donate some old clothing or toys to a local charity.
- Help a neighbour.



5 ways to wellbeing number 1: Be kind.