

My Wellbeing Calendar

Looking after how we feel is really important. We can choose to do things which look after our wellbeing and help us to feel happy and healthy. Think about what you would like to do this week to help you feel happy and healthy. Plan to do at least two things each day and write it on your weekly wellbeing calendar.

Day	Activities to help me feel happy and healthy
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

