



Wellbeing Grid



Dress up in your favourite costume and pretend to be that character for a day.



Make a fruit smoothie for your family.
Have a grown-up help you.



Help a grown-up with hanging the laundry.



Play hide-and-seek in your backyard with your family.



Phone a friend or family member.



Play a game with your family. For example; Uno, Snakes and Ladders.



Go for a bike ride or scooter ride with a family member.



Help a grown-up cook lunch or dinner.



Read a book to someone in your family.

