






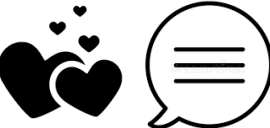




Moments of happiness



 <p>EXERCISE DAILY</p>	<p>TAKE TIME TO HAVE BREAKFAST WITH FAMILY MEMBERS</p> 	 <p>TAKE PART IN A QUIZ WITH FAMILY OR FRIENDS</p>	<p>HAVE AN EARLY NIGHT</p> 	<p>MAKE THE ULTIMATE PLAY LIST</p> 
<p>PLAY A BOARD GAME WITH YOUR FAMILY</p> 	<p>WATCH YOUR FAVOURITE MOVIE</p> 	 <p>SEND YOUR FRIENDS MESSAGES ABOUT WHY YOU LIKE THEM</p>	<p>READ TO ESCAPE</p> 	 <p>TAKE A WALK IN YOUR LOCAL AREA</p>

If you're finding things hard emotionally right now, you're not alone. Staying at home more than you usually do might feel difficult or stressful. But there are lots of things you can do that could help your wellbeing.

Try completing some of our weekly wellbeing activities to boost your day or that of others' days.

Remember a balance between work and play is needed!

Inspiring Optimistic Learners

We would love to see the pictures of the challenges you have been doing – email these to your tutor!