



5 Ways to Wellbeing Summer Activity Ideas

Welcome to the Team+ 5 Ways to Wellbeing Summer Activity Ideas Booklet.

Each week of the summer holidays, you have the opportunity to connect with the world around you, get outside and be active, learn some new fun things, give to other people, and take notice of what is happening all around you...all really cool things to help you feel amazing.

Don't worry - this isn't a competition to see who can do the activities the fastest, or who can do the most. The aim is simple - **HAVE FUN!!!!**

There are 5 activities per week - you can do one per day, or you can do all 5 activities every day...it's entirely up to you. One thing is for certain - these activities are assured to help you become an outstanding **WELLBEING WARRIOR!!!**

Why don't you send us a picture of the fantastic fun that you have - you can tag us on Twitter (@TeamActivPlus), or on Facebook (@teamactiv)...we'd love to see what you guys are getting up to over the summer holidays.

Week 1	Activity
Monday - Connect	Can you say hello to your 3 different people? Can you wave at 3 different people?
Tuesday - Be Active	How many steps can you do today?
Wednesday - Keep Learning	Can you learn how to say hello in 3 different languages?
Thursday - Give	Can you make a 'keep smiling and carry on' card for a neighbour?
Friday - Take Notice	Whilst out on your daily walk, can you see 5 different things that are red?

Week 2	Activity
Monday - Connect	Ask a member of family 5 questions to get to know them better
Tuesday - Be Active	How many steps can you do today? Can you do 1,000 steps more than last week?
Wednesday - Keep Learning	Can you learn how to say thank you in 3 different languages?
Thursday - Give	Give your best friend a letter telling them how much you miss them
Friday - Take Notice	Find 5 different types of flowers

Week 3	Activity
Monday - Connect	Get to know your role model
Tuesday - Be Active	How many jumping jacks can you do in 1 minute
Wednesday - Keep Learning	Learn to say simple phrases in sign language
Thursday - Give	Give your parent/guardian a drawn picture of you together
Friday - Take Notice	Do an indoor scavenger hunt using the alphabet

Week 4	Activity
Monday - Connect	Can you do your family tree?
Tuesday - Be Active	Can you do more Jumping Jacks in 1 minute than last week?
Wednesday - Keep Learning	Can you learn how to tell the world's funniest joke?
Thursday - Give	Can you give your loved ones a dancing performance?
Friday - Take Notice	Can you see 1 bird, 2 dogs, 3 trees, 4 people and 5 different coloured cars whilst out on a walk?

Week 5	Activity
Monday - Connect	Get to know a relative
Tuesday - Be Active	Run as many laps as you can in 2 minutes
Wednesday - Keep Learning	Research a country (either somewhere you have been or somewhere you want to go)
Thursday - Give	Give your parent a musical performance
Friday - Take Notice	Do an outdoor scavenger hunt using the alphabet

Week 6	Activity
Monday - Connect	Say hello to 3 new people, smile friendly at neighbours
Tuesday - Be Active	Ride your bike or scooter for 5 minutes
Wednesday - Keep Learning	Find everything you can about the town where you live
Thursday - Give	Give a family member a homemade piece of art
Friday - Take Notice	Keep a count of the number of dogs you have seen.