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| **Wellbeing Week 2020** |

**This week, we will focus on Wellbeing.**

**Wellness matters because everything we do and every emotion we feel relates to our wellbeing. During the week, we will focus on activities which will help us feel happy, healthy and confident. Each day, we have given different resources to give you ideas and suggestions for the day.**

**The themes for the week are:**

* **Mindful Monday**
* **Thankful Tuesday**
* **Wellness Wednesday**
* **Think of Others Thursday**
* **Feel Good Friday**

**We hope you will enjoy your week.**

