

Healthy

= LIVING =



Help look after your wellbeing

Do things in your day that you enjoy

Spending time doing something you enjoy is really important for your wellbeing.

It can make you feel happier, more relaxed and could even help develop a new skill. You could try:

- ~ A hobby, like playing a sport
- ~ Cooking and baking with a grown up
- ~ Reading or listening to your favourite book
- ~ Watching a film you enjoy