TLC Well-being half term activity challenge

Get social

Catch up with friends on a video chat. Find out what they've been up to. Share stories and updates.



Play a board game or cards with family members.

Write letters to loved ones. Even if you don't send them now, seal them and send when you can.



Clean and tidy. Give your room a tidy up or help to clean and tidy your house. Could you clean a family members car?

Have a digital clear up. Delete any apps you don't use or blurry pictures.

Create a 'lockdown playlist' J. of your favourite songs.

We take so many pictures but never really look at them. Make an online story book of your favourite memories.

> Get stuck into a jigsaw. It's easy to dip in and out of.



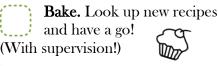
Jearn a new skill

or explore



If you can leave home, walk or cycle a different route to your normal one.

Make a list of places you would like to explore in the future and attractions you would like to visit.



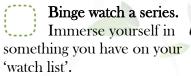
and have a go! (With supervision!)

If you have a garden, find a patch of land and make it yours. Grow seeds or vegetables.

Relax and self-care

Curl up with a book. With your favourite hot drink.

Journal. Keep a log of your thoughts and how you are feeling. It's a great way to differentiate days.





Exercise. Take the opportunity to try different exercise routines and free online workouts.

Time to yourself. Take some time to sit quietly and just 'be'. Maybe try some breathing techniques.

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#TLCgsy #StayAtHome #GuernseyTogether

