

# 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. 

## Get productive

- 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'** 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. 

## Learn a new skill or explore

- Learn a new skill** by checking out free online courses or YouTube tutorials. 
- 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.
- Bake.** Look up new recipes 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.
- Binge watch a series.** Immerse yourself in something you have on your 'watch list'. 
- 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. 

