



Weekly Wootton Park Wellbeing Challenge



Positive Relationships

During lockdown we are all spending *a lot* more time with our families at home. Whilst this is lovely at times, it can also become difficult when we have been at home for as long as we have!



Your challenge this week is to complete a brainstorm as a family of all the things you love doing together.

Now put your brainstorm somewhere you can see it, like the fridge, and choose something from the list to do as a family. Now that you have a list, you could do something at least every week, if not every day!