



# Weekly Wootton Park Wellbeing Challenge



Each week for the next 5 weeks we are going to focus on the 5 different ways to wellbeing  
- **Connect, Be Active, Keep Learning, Take Notice and Give.**

This week we are focusing on...



## Connect



Your challenge this week is to connect with a family member or good friend. Easy, right?! You're probably in regular contact with your close friends and family, which is great. Take a moment today to send them a message saying Hi! Have a chat and see how people are doing during these strange times.

If there is a friend or family member that you have not heard from in a while, today could be a good day to reach out. You could:

- **Send them a funny joke**
- **Ask them how they are and take the time to listen**
- **Write a letter or postcard to an elderly neighbour or relative**

