



Weekly Wootton Park Wellbeing Challenge



Write down on separate pieces of paper:

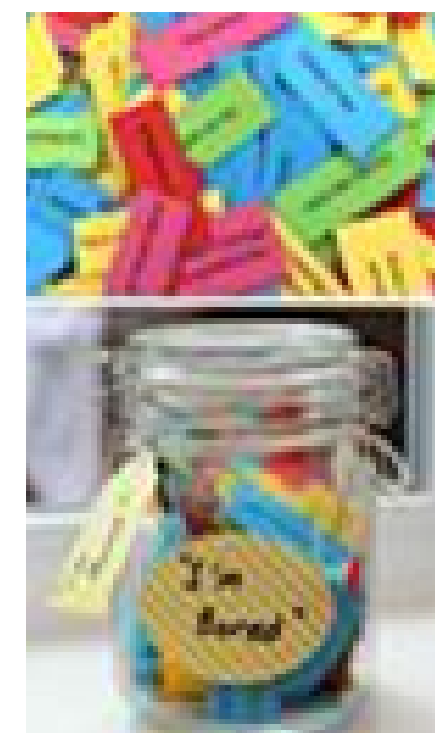
- All the things that you wish you could do now but can't ...or...
- All the things that you miss doing because we can't go outside

Put them in a jar - your '**Future Activity Jar.**'

It could look like this...

When times return back to what we are used to:

GO to the jar - **SELECT** an activity - **DO** the activity



This gives you HOPE that YOU:

- will be able to do those lovely things again
- make you realise that these times are special and we should recognise that.

