



## WELLBEING PLANNER

Whilst it can be easier to talk about the things that contribute towards good wellbeing, it can be harder to put them into practice, especially when the challenges of everyday life catch up with us.

Our Scouts decided that a Wellbeing Planner could help, which allows you to list activities that contribute to good wellbeing on one axis and the days of the week on the other.

You can download our Wellbeing Planner template or quite easily make your own.

This following table provides some suggestions on how easy it can be to connect, be active, take notice, learn and give if your young people are in need of ideas. Add these to the Wellbeing Planner or choose your own. Use different activities each week or repeat the ones you have enjoyed. It is up to you, it is your wellbeing!

CONNECT	BE ACTIVE	TAKE NOTICE	LEARN	GIVE
Talk to a friend instead of texting	Take the stairs not the lift	Clean your bedroom	Read a book or magazine	Donate to an important cause
Send a letter to a friend or family	Go for a lunchtime walk	Notice how your friends feel	Do a crossword or puzzle	Help to tidy local woods/ park
Walk home with somebody else	Walk to school or college	Take a new route to/ from school	Learn a new language	Give blood or register as donor
Join a new club where you live	Join a sports team	Visit a new place for lunch	Ask about a friend's interests	Regularly visit an elderly relative
Ask how somebody is feeling and listen	Keep yourself hydrated by drinking water	Plant some flowers or vegetables	Find out about a country you'd like to visit	Volunteer for a community organisation
Listen to calming music or music you enjoy	Eat five portions of fruit and vegetables	Get at least nine hours of sleep	Do your homework or additional learning	Write a letter of kindness to your local care home