






<h1>Socialise</h1> <p>connect with others</p> 	<h1>Move</h1> <p>get active</p> 	<h1>Interest</h1> <p>notice and be mindful</p> 	<h1>Learn</h1> <p>keep learning</p> 	<h1>Engage</h1> <p>give to others</p> 
<ul style="list-style-type: none"> - Speak to a friend or family member - Be a friend - Connect with your pets - Spend time with family - Play games or create something with your brothers and sisters - Write a letter or postcard to someone - Say hello and chat - Look into people's eyes when talking and playing 	<ul style="list-style-type: none"> - Get some fresh air - Play in the garden - Do some gardening - Go for a bike ride or a run - Put music on and dance - Create your own workout routine/circuit/obstacle course - Walk where you can - Skip - Move your mood - Exercise with your sports team 	<ul style="list-style-type: none"> - Be curious and explore - Be proud and share your accomplishments - Notice how you are feeling – It's ok to feel worried, lost or angry - Notice how others are feeling – What could you do to help? Cheer them up? - Notice nature – when you go outside, what can you hear, see and smell? - Use your senses - Notice what you are eating – has it changed? Are you eating healthily? - Notice if you are tired – are you getting enough sleep? - Notice the positives – list them everyday - Notice the changing seasons - Focus on your breathing 	<ul style="list-style-type: none"> - Try something new - Teach somebody something new - Risk looking silly and making mistakes – that's how we learn best (be in the learning pit) - Read a book - Try a craft - Join a club - Set school and work goals 	<ul style="list-style-type: none"> - Offer help. What could you do to help your parents? Teachers? - Give a smile or a wave - Give your time - Give laughter – tell a joke, be silly, have fun - Reach out to others - Share your knowledge - Be kind - Say thankyou - Include others - Volunteer

