

# YOUR DAILY Routine

Focusing on your social, physical, emotional, cognitive and spiritual wellbeing can help you to thrive!

Across Monday to Friday, try to complete one of the below activities to support your wellbeing. You don't need to complete all 5 tasks on each of the days, but think about completing 1 or 2! If you have some ideas of your own, use the following page to fill out your own personal grid.

	SOCIAL	PHYSICAL	EMOTIONAL	COGNITIVE	SPIRITUAL
MONDAY	Write a letter to your teacher.	Go for a walk.	Keep a journal.	Organise your books into alphabetical order.	Sit down for 10 minutes and listen to relaxing music.
TUESDAY	Write a letter to a loved one.	Dance to music.	Find 5 jokes to tell your family at the dinner table.	Create an artwork using materials from outside.	Keep a journal.
WEDNESDAY	Prepare 5 questions to ask your family at dinner.	Create an obstacle course.	Think of 5 things that you are really good at.	Learn 5 new phrases in a foreign language.	Set a new goal.
THURSDAY	Connect with your friends. Make sure you ask, "how are you?"	Participate in a 'Just Dance' YouTube video.	Notice the trees, flowers and plants that are outside.	Learn 1 thing new about your family and friends.	Using chalk, write a positive message on the walkway.
FRIDAY	Look through photos with your family,	Participate in a family challenge.	Think about what your parents do for you.	Read a new book.	Spend 5 minutes focusing on your breathing.