Winter Wellbeing Activity Ideas List

|  |  |
| --- | --- |
| Make hot chocolatewith all the trimmings. | Curl up on the sofa with your favourite book /movie. |
| Listen to an iconic album. | Enjoy a frosty morning walk. |
| Play a board game. | Turn your phone off and spend the evening with no social media distractions or notifications. |
| Complete a 5 or 10km walk.  | Go for a bike ride. |
| Put your wellies on and splash in puddles. | Eat breakfast in bed. |

Wishing everybody a Happy Christmas.

Enjoy the break and look after yourselves.

