Winter Wellbeing Activity Ideas List

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| Make hot chocolate  with 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.

