



## Prioritising Your Wellbeing

With the considerable increase in online learning, it is important that we make time to be active offline and prioritise our wellbeing. The grid below has a range of fun and engaging offline activities for you to try. Variety is essential to create a healthy balance, so make sure you try activities from each of the **CARE** domains.

<p><b>C</b></p> <p>Calm &amp; Connect</p>	<ul style="list-style-type: none"> <li>● Mindful breathing or meditate</li> <li>● Start a conversation with your family</li> <li>● Do something that will help a family member (eg. dishes)</li> </ul>	<ul style="list-style-type: none"> <li>● Do some gardening</li> <li>● Create a playlist</li> <li>● Start a puzzle</li> <li>● Listen to your favourite music</li> <li>● Tidy your room/work space</li> </ul>	<ul style="list-style-type: none"> <li>● Act of self-care (eg. face mask, bullet journal, go to bed early)</li> <li>● Get some vitamin D from the sun</li> <li>● Play a board game</li> </ul>
<p><b>A</b></p> <p>Artistic</p>	<ul style="list-style-type: none"> <li>● Play an instrument</li> <li>● Try a new recipe</li> <li>● Make a sculpture with found objects</li> <li>● Nature photography</li> </ul>	<ul style="list-style-type: none"> <li>● Sing! Karaoke!</li> <li>● Origami</li> <li>● Repurpose old clothing</li> <li>● Driveway chalk mandala</li> </ul>	<ul style="list-style-type: none"> <li>● Paint to music</li> <li>● Mindful colouring</li> <li>● Design a costume</li> <li>● Try knitting or crochet</li> </ul>
<p><b>R</b></p> <p>Read &amp; Write</p>	<ul style="list-style-type: none"> <li>● Read book/magazine</li> <li>● Write a narrative</li> <li>● Write a letter to a friend or relative</li> <li>● Listen to an audiobook</li> </ul>	<ul style="list-style-type: none"> <li>● Write a play</li> <li>● Gratitude journaling</li> <li>● Create a collage</li> <li>● Draft a newspaper article</li> </ul>	<ul style="list-style-type: none"> <li>● Read some Poetry</li> <li>● Rewrite the ending to a book you read</li> <li>● Vision board</li> </ul>
<p><b>E</b></p> <p>Exercise &amp; Energize</p>	<ul style="list-style-type: none"> <li>● Yoga</li> <li>● Pilates</li> <li>● Cardio circuit</li> <li>● Weight Training</li> <li>● Bike Ride</li> </ul>	<ul style="list-style-type: none"> <li>● Soccer drills</li> <li>● Football skills</li> <li>● Dancing</li> <li>● Go for a walk</li> <li>● Stair climbs</li> </ul>	<ul style="list-style-type: none"> <li>● Zumba</li> <li>● Basketball</li> <li>● Dancing</li> <li>● Handball</li> <li>● Plank challenge</li> </ul>