

# Wellbeing Activity Grid

Try these activities with your children to help their physical, emotional, social and mental wellbeing.

## Physical

Play 'Run away from the Monster!'  
The monster (grown-up) chases while the kids run away.



Head out for a walk in your neighbourhood.  
This [Scavenger Hunt](#) activity will be sure to make it fun.

Use objects from around the house to play the game 'The floor is lava!'

Have you got some chalk lying around? Copy these [footpath creations](#) for hours of outside fun.



## Social

Do something kind for someone in your household: tidy up a room, give them a hug, help them with a task.

Call or video call a friend or family member.

Write a note to someone and post/email/message it to them.

Do something kind for a neighbour.



## Emotional

Turn off the screen and get outside! Spend 5 minutes listening to the noises you can hear. Can you hear cars? birds? planes?

Practise self-care. Read a book, take a bath, watch the sunset, draw or paint, do some cooking.

Help your kids make a list of things for which they are grateful.

Get your kids to help plan and cook a meal.



## Mental

Watch this [4 minute mindfulness video](#).

Do some drawing and colouring.

Do a jigsaw puzzle or play a board game with your family.

Read one of your favourite books.



Healthy Eating  
Active Living

