



Wellbeing Activity Booklet

This activity booklet has been put together to provide ideas to support young people's mental health.

Wellbeing Activity:



“Every day may not be good, but there is something good in every day!”

1. Stay Connected

What is this activity?

Create a photo album of a few of your nicest photos with family and friends.

What are the benefits?

It will remind you of happy times and great people.



Happiness, Harmony, Success

Wellbeing Activity:



“You are capable of amazing things. Believe in yourself and enjoy the journey!”

2. Listening to Music

What is this activity?

Listen to your favourite music and chill out.

What are the benefits?

Helps you calm down and relax.



Happiness, Harmony, Success

Wellbeing Activity:



“Don’t let your mind bully your body - take control and enjoy each day!”

3. Gaming

What is this activity?

Play on your favourite game on your console, tablet or phone.

What are the benefits

Helps you forget about everything around you and you can go into a virtual world play online with your friends.



Happiness, Harmony, Success

Wellbeing Activity:



“Believe you can and you’re halfway there. Strive for progress not perfection!”

4. Watching TV

What is this activity?

Watching a show/movie that you enjoy.

What are the benefits?

You keep your mind off the things that are stressing you out and just enjoy yourself.



Happiness, Harmony, Success

Wellbeing Activity:



“If you listen to your body when it whispers, you won’t have to hear it scream!”

5. Planting

What is this activity?

Planting flowers, bulbs and seeds and seeing how they grow.

What are the benefits?

To get yourself outdoors and be at one with nature.



Happiness, Harmony, Success

Wellbeing Activity:



“Your life only gets better when you do. Work on yourself and the rest will follow!”

6. A Day Out

What is this activity?

Speak to the adults at home about a fun place you would like to visit. It can be somewhere that is free such as the local park

What are the benefits?

Creates lasting memories and gives you new experiences.



Happiness, Harmony, Success

Wellbeing Activity:



“Stop hating yourself for everything you aren’t and start loving yourself for everything you already are!”

7. Being with Pets

What is this activity?

Spending quality time with your own pet or a family/friends pet.

What are the benefits?

Helps to reduce your stress and loneliness. An animal can give you companionship.



Happiness, Harmony, Success

Wellbeing Activity:



“Embrace and love your body. It is the most amazing thing you’ll ever own!”

8. Team Building

What is this activity?

Working in teams to complete different challenges.

What are the benefits?

You get to work with others and make friends. It teaches you about teamwork.



Happiness, Harmony, Success

Wellbeing Activity:



“The difference between who you are and who you want to be is what you do!”

9. Eating/Drinking

What is this activity?

Eat or/and drink one of your favourite snacks or/and drinks.

What are the benefits?

It helps you to relax and everyone deserves to treat themselves to their favourite things sometimes!



Happiness, Harmony, Success

Wellbeing Activity:



“It’s not about being the best; it’s about being better than you were yesterday!”

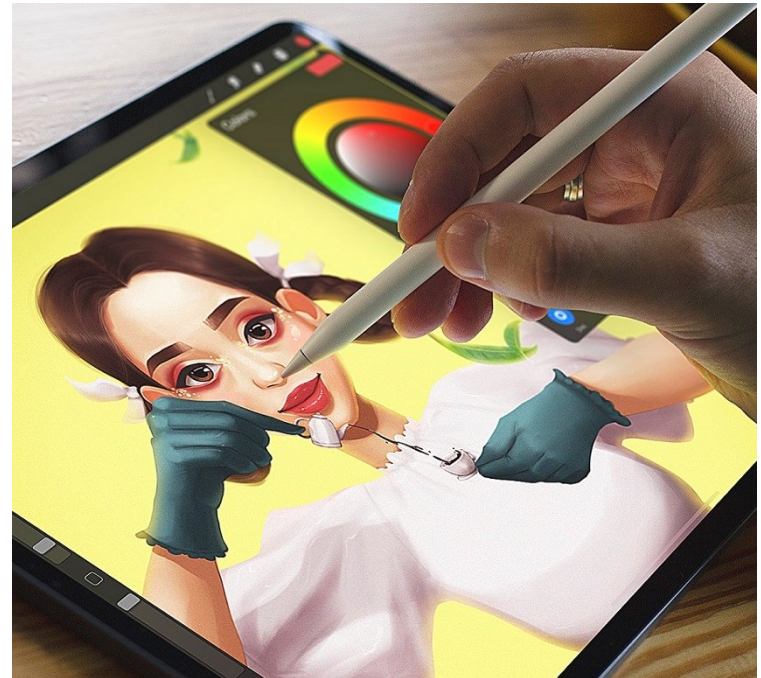
10. Digital Art

What is this activity?

Using a laptop or ipad you can produce digital art on free websites such as FireAlpaca or apps such as Sketchbook.

What are the benefits?

You will learn new skills and it will make you feel calm and relaxed.



Happiness, Harmony, Success



“You don’t get what you wish for. You get what you work for!”

Wellbeing Activity:

11. Playing Sport

What is this activity?

Taking part in your favourite sport e.g. football, tennis, golf, cricket etc.

What are the benefits?

Sport increases your mood and confidence. It also helps to keep you fit.



Happiness, Harmony, Success

Wellbeing Activity:



“If you wouldn’t say it to a friend, don’t say it to yourself!”

12. Take a Moment

What is this activity?

Go to a certain place and take some quiet time to think and reflect.

What are the benefits?

To distract yourself from your worries and feel peaceful.



Happiness, Harmony, Success

Wellbeing Activity:



“Push harder than yesterday if you want a different tomorrow!”

13. Drawing

What is this activity?

Producing images on a surface, usually paper, by means of marks, usually of ink, graphite, chalk, charcoal, or crayon.

What are the benefits?

Enhances creativity and helps coordination.



Happiness, Harmony, Success

Wellbeing Activity:



“Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t do!”

14. Cooking

What is this activity?

Preparing and cooking your favourite recipe.

What are the benefits?

It will make you feel calm and happy. It will take your mind off any negative things.



Happiness, Harmony, Success

Wellbeing Activity:



“A calm mind brings inner strength and self-confidence, so that’s very important for good health!”

15. Playing with Toys

What is this activity?

Role playing with your favourite toys.

What are the benefits?

It makes you feel better and happy. It can help you with your imagination.



Happiness, Harmony, Success

Wellbeing Activity:



“Take care of your body, it’s the only place you have to live!”

16. Yoga

What is this activity?

Yoga is a practice of physical exercise, breath control, relaxation, positive thinking and meditation.

What are the benefits?

It provides the opportunity to connect with your mind and body.



Happiness, Harmony, Success

Wellbeing Activity:



“A good laugh and a long sleep are the best cures in the doctor’s book!”

17. Scooter/Bike Ride

What is this activity?

Going out for a ride in your local area on either a scooter or a bike.

What are the benefits?

It is good for your fitness and it helps you to enjoy going outside in the fresh air.



Happiness, Harmony, Success

Wellbeing Activity:



“Happiness is not something you postpone for the future; it is something you design for the present!”

18. Reading

What is this activity?

Reading your favourite story and immersing yourself in a good book.

What are the benefits?

It can make you feel calm and you can get lost in a different world.



Happiness, Harmony, Success

Wellbeing Activity:



“Life will bring you pain all by itself. Your responsibility is to create joy!”

19. Going Outside

What is this activity?

Going out into your garden or the park to play and/or relax.

What are the benefits?

Nature is relaxing and it helps to reduce stress.



Happiness, Harmony, Success

Wellbeing Activity:



“The secret of happiness is not in doing what one likes, but in liking what one does!”

20. Board Games

What is this activity?

Playing a chosen board game with your friends and/or family.

What are the benefits?

It helps you to socialise and have fun with other people.



Happiness, Harmony, Success

Wellbeing Activity:



“If you spend your whole life waiting for the storm, you’ll never enjoy the sunshine!”

21. Baking

What is this activity?

Bake your favourite treats - try following a recipe.

What are the benefits?

Helps you to relax and you can enjoy eating what you make.



Happiness, Harmony, Success

Wellbeing Activity:



“Happiness is the spiritual experience of living every minute with love, grace, and gratitude!”

22. Create a Playlist

What is this activity?

Make a playlist on Spotify of all your favourite songs.

What are the benefits?

You can relax and enjoy listening to all of your favourite songs without interruption.



Happiness, Harmony, Success

Wellbeing Activity:



“To be happy, we must not be too concerned with others!”

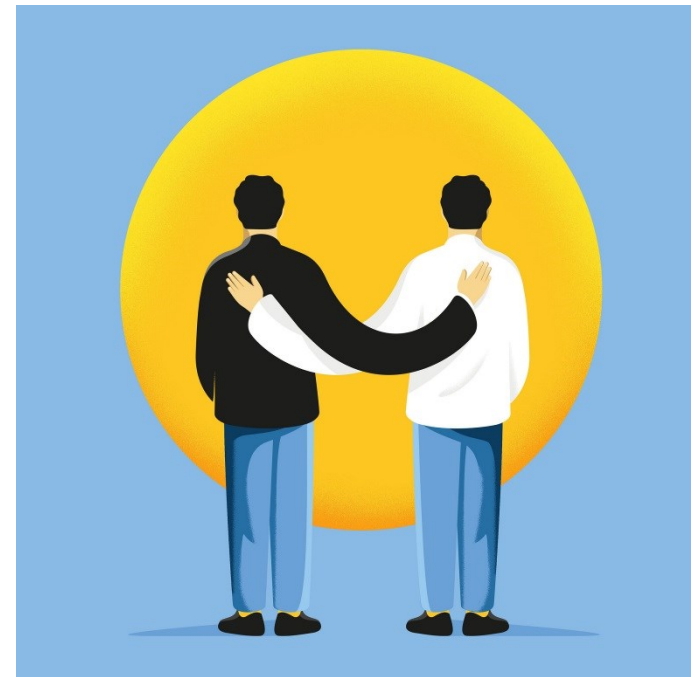
23. A Good Friend

What is this activity?

Write something nice about a friend onto a slip of paper and hand it to them.

What are the benefits?

Making other people feel good can also make you feel good!



Happiness, Harmony, Success

Wellbeing Activity:



“To be happy, we must not be too concerned with others!”

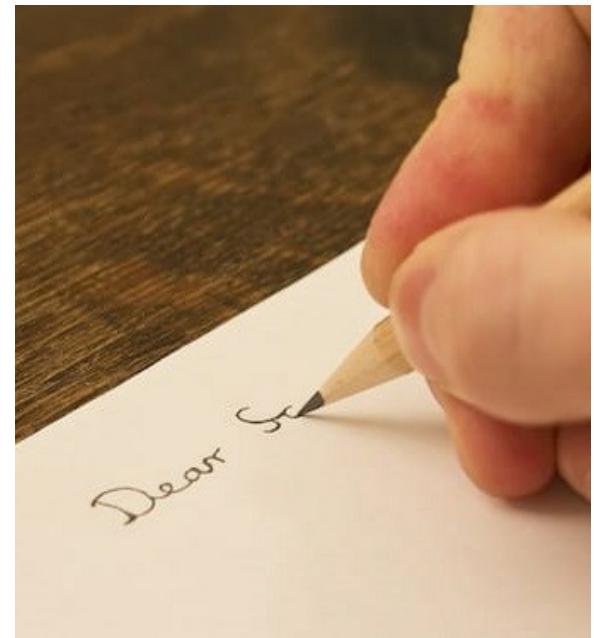
24. Thankyou Letter

What is this activity?

Write a thankyou letter to show your appreciation to somebody. This could be a parent, friend, relative or even your teacher.

What are the benefits?

It is nice to reflect on good times and share those thoughts with others.



Happiness, Harmony, Success

Wellbeing Activity:



“We often wait for kindness... but being kind to yourself can start now.”

25. Grateful List

What is this activity?

Make a list of all the things you are grateful for in your life.

What are the benefits?

It can help you to appreciate good times and the people closest to you.



Happiness, Harmony, Success

Wellbeing Activity:



“Happiness is not something ready-made. It comes from your own actions!”

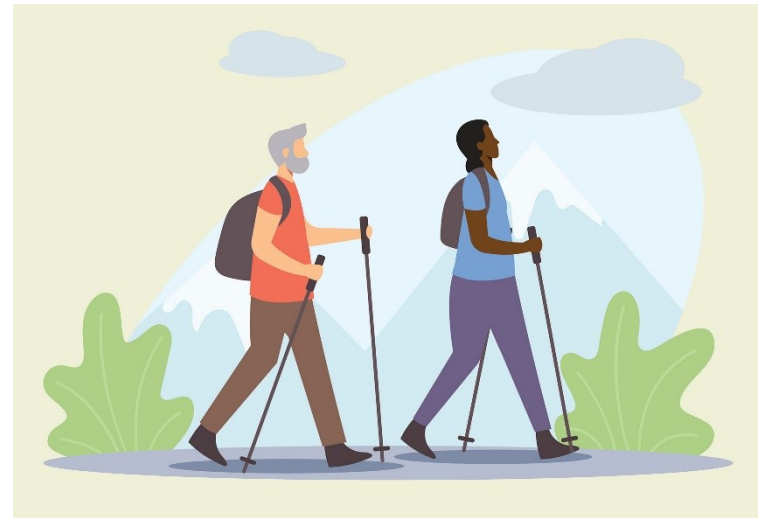
26. Go for a Walk

What is this activity?

Enjoy some fresh air and go for a walk—it doesn't have to even be very far.

What are the benefits?

Walking is good for your physical health. It also helps you to explore nature and relax.



Happiness, Harmony, Success

Wellbeing Activity:



“It always seems impossible until it is done - so never give up!”

27. Bubble Bath

What is this activity?

Enjoy a bubble bath. You could even have some music playing.

What are the benefits?

It will help you to relax your muscles, unwind and switch off from your worries.



Happiness, Harmony, Success

Wellbeing Activity:



“Sleep is the golden chain that ties health and our bodies together!”

28. No Technology Day

What is this activity?

Have a day without using your phone, console or tablet. Have discussions, play games and get active instead!

What are the benefits?

It will help you to be more sociable and encourage you to try new things.



Happiness, Harmony, Success

How many have you tried?

Use the table below to tick off each activity when you have tried it out!

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| ☐ 1. Stay Connected | ☐ 12. Take a Moment | ☐ 23. A Good Friend |
| ☐ 2. Listening to Music | ☐ 13. Drawing | ☐ 24. Thankyou Letter |
| ☐ 3. Gaming | ☐ 14. Baking | ☐ 25. Grateful List |
| ☐ 4. Watching TV | ☐ 15. Playing with Toys | ☐ 26. Go for a Walk |
| ☐ 5. Planting | ☐ 16. Yoga | ☐ 27. Bubble Bath |
| ☐ 6. A Day Out | ☐ 17. Scooter/Bike Ride | ☐ 28. No Technology |
| ☐ 7. Being With Pets | ☐ 18. Reading | |
| ☐ 8. Team Building | ☐ 19. Going Outside | |
| ☐ 9. Eating/Drinking | ☐ 20. Board Games | |
| ☐ 10. Digital Art | ☐ 21. Cooking | |
| ☐ 11. Playing Sport | ☐ 22. Creating a Playlist | |