



5 WAYS TO STUDENT WELLBEING AT HOME

adapted from NEF



1 Connect

Connect with family and friends around you both on and offline. Invest in these important relationships now and for the future.



2 Take Notice

Be present online and offline. Notice what is happening around you and how you are feeling. Reflect, pray or practice mindfulness to help appreciate what matters most to you.



3 Be Active

Step outside, play a game, dance, do yoga or a fitness workout (individual or in pairs with a physical distancing of 1.5m). Discover a new activity to suit your space and fitness level. Variety is the key.



4 Keep Learning

Try something new, fix a bike, do a puzzle, read a book, create, learn a song or play a musical instrument. Set a goal and work towards it. Learning develops confidence.



5 Give

Do something nice for a family member or friend, or talk to your neighbour. Thank someone or smile. Being kind helps us feel better and creates connections – real and virtual.



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