



# Daily Remote Learning Wellbeing Checklist



Exercise: Get your heart rate up for at least 10 minutes



Connection / Love: Give out 3 hugs, tell a loved one you love them or can't wait to see them.



Socialise: Have a conversation with someone, can't be about school or work related.



Creativity for self or others: Draw, build, make, cook, create something for yourself or others.



Laugh and Fun: Told a joke, hear a joke, play a game, watch or listen to something that made you laugh or smile. Give **double** ticks if this is screen free!



Gratitude: Write down 3 things you are grateful for. At the dinner table, share 1 thing you are grateful for with your family.



Positive Forward Thinking: Write down 1 thing you are looking forward to tomorrow. Share at dinner table with family.



Empathetic thinking and compassion: Think of someone else and do something kind for them.

