



N – Need

WHAT ARE YOUR NEEDS, EXERCISE, CONNECTING WITH NATURE OR TIME?

Complete a HIT workout online



Visit a local park and take in 5 natural things around you e.g trees, birds, the smell of grass, flowers and the blue sky



Complete multiple 'Just Dance' songs on YouTube

What is your favourite thing to do? It could be anything. However busy you are, make the time for this activity

Create a bedtime routine if you do not have one already. Be screen free for 30 mins before sleep.

Take your lunch or dinner outside (weather permitting) and absorb some vitamin D

Bring nature indoors and pick a lovely houseplant to have in your room.

Pick up your skate board/ scooter or bike and head down to the park for 60 mins

MAKING TIME FOR OURSELVES

Our body and minds are connected and being active can help make us happier and is good for our physical health. Making time for ourselves is also extremely important to boosting our mood and improving our well-being. This can include making sure we have enough sleep, eat nutritional meals and relaxing away from technology. Connecting with nature can be a perfect way to do this. Try to make time for you 3 times a week for 60 mins. What will you do with this time?

Go out for a walk for an hour and see how far you can walk in that time

Create a bedtime routine if you do not have one already. Be screen free for 30 mins before sleep.

