

Summer of Wellbeing

Be Kind, Be Curious, Be Connected...

For further advice and support,
please feel free to contact us.
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Take
Notice



Have a go at
some mindful
colouring

Make a collage
of all the things
that make you
happy

Explore the
park using a
nature book/
app

Paint a picture
of yourself –
use a mirror to
help

Choose objects
to put in a time
capsule or
memory box

Do a
blindfolded
taste test

Do a body scan
while checking
in with all of
your senses

Make a sensory
garden patch or
plant pot

Keep
Learning



Try a new
recipe or
ingredient

Learn a new
skill from a
member of your
family

Find out about
the history of
your local area

Learn to play a
new card game

Have a go at
upcycling an
old item

Learn to make
a paper plane
and fly it

Learn the
names of the
birds you can
see in your
local area

Design and
make a board
game to play

Be
Active



Have a family
sports day

Find
somewhere
new to explore
together

Go for a walk/
run/ bike ride
with a friend

Put your
favourite music
on and dance

Make a
treasure map
for a friend to
follow

Create an
activity circuit in
chalk on the
pavement

Go for a walk
locally and see
what changes
you notice

Play hide and
seek

Give



Donate some
money or your
time to a charity

Carry out a
random act of
kindness

Bake
something tasty
and deliver it to
a neighbour

Give someone
in your family a
compliment

Make a seed
bomb to
brighten up a
neglected area

Create a
kindness box at
home

Make a socially
distanced visit
to someone
who might be
lonely

Have a
'Kindness Day'

Connect



Make a card
and send it to
someone
special

Have a games
evening

Go on a picnic
with a friend

Work together
to complete a
jigsaw

Host a family
'Come Dine
With Me'

Organise a
virtual book
club/ quiz

Make a family
tree and find
out about your
ancestors

Build a den
together

