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BY INCREMENTS
CONQUER

WELLBEING @ BROADWATER

Welcome to the first edition of Wellbeing @ Broadwater

Inside each weekly edition you will find motivational quotes and ideas, activities, video and audio clips, places to visit and much more...

The 5 Ways to Wellbeing



Connect



Be Active



Take
Notice



Keep
Learning



Give

"Yesterday is history,
tomorrow is a mystery and
today is a gift and that is
why we call it the present"

Bill Keane

Take a look at this short animation

[5 Ways to Wellbeing - a short YouTube animation](#)

Click here ...

WEEK 1 CHALLENGE: Think about how you might 'CONNECT'

Leave 3 happy
notes for
someone else to
find in your
house



Take a virtual day trip! (click on the links beneath the pictures...)



[Red Pandas Have Breakfast At Chester Zoo](#)



[Rothschild's Giraffes At Chester Zoo Enjoy Brunch](#)

2021 David Shepherd Wildlife Foundation Children's Art Competition



<https://davidshepherd.org/global-canvas>

Click on the image above

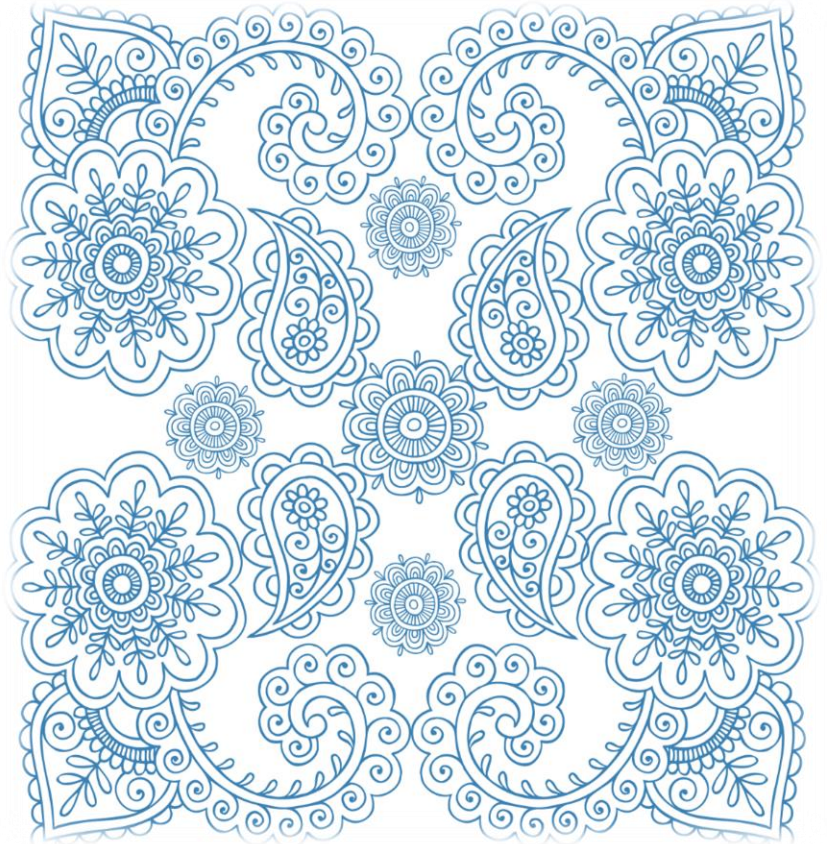




Mind Full, or Mindful?

CREATE A WELLBEING MINDFULNESS JOURNAL

- ◆ At the end of the day write down three good things that happened
- ◆ Why did they happen?
- ◆ Why did it feel good?
- ◆ Keep it up, try to do this each day and create a Wellbeing Mindfulness Journal



Recipes to enjoy making, eating and drinking ...

Instant Frozen Berry Yogurt

PREP: 2 MINS
EASY: NO COOK
SERVES 4



Three ingredients
and 2 minutes
is all you need!
Idea for eating
after exercise

- 250g** frozen berries
- 250g** 0% Greek style natural yogurt
- 1 tbsp** honey OR Agave syrup

- 1** Blend berries, yoghurt and honey OR agave syrup in a food processor for 20 seconds until you achieve a smooth ice-cream like texture.
- 2** Scoop into bowls and serve
- 3** Enjoy!

