

EPS Wellbeing Pack 5

Reflection

This week we are focusing on **reflection**. We encourage you to pause and reflect. Being reflective allows time to process and make meaning of our experiences. Here are a few possible ways to reflect – why not try one or two this week?

- Consider the last 5 weeks and reflect on what has gone well. What would be your best hopes for the next 5 weeks?
- Start a journal – document your daily activities and emotions during this unprecedented time
- Write a letter to your future self
- Re-visit the **Time Capsule activity**– collect the items suggested for you to look back on at a later date
- Take another look through our **previous packs** for resources to help with well-being and play – What was your favourite activity?



Well-being Challenge

Challenges from the '5 Ways to Wellbeing' areas may help support the psychological wellbeing of you and your family at this time. Give them a go and see.



Take notice - Try a short guided mindfulness activity from [Stop, Breathe & Think](#) to allow you to take notice of your breath and clear your thoughts.



Connect – Connect with those in your home by hosting a dinner party – plan a menu and spend time cooking together



Be active – Challenge your household to make the most of their time outdoors by going for a walk, jog or run. Maybe even try [Couch to 5km!](#)



Keep learning – 'Learn to love nature' and learn more about our amazing planet with activities from the [World Wildlife Foundation](#)



Give – Give some time to yourself for self-care. Read, take a bath, listen to music. Whatever makes you happy.