



Wellbeing box

To help raise awareness of 'Mental Health' week try making a 'Well-being' box.

You could email us a photo of your box and remember you can decorate it as well!

You can add to the box anything that helps make you feel better when you are having a tough day.

It could be: a favourite book or DVD, a recipe that you like to make, a photo of your family or friends, a picture to colour in, some craft materials, even your favourite pair of socks! You could even try making a family 'Well-being' box.