



5 Ways to Wellbeing Weekly Challenge 2

This week we will be focusing on
'Take Notice' and **'Be Active'**.

This week in school we have been celebrating 'New Life'. At this time of year evidence of 'New Life' is all around us; spring flowers are growing, blossom trees are blooming and baby animals can be seen in the fields.

This week we would like you to go on a Nature Walk to see if you can find any signs of 'New Life'. You do not have to produce any work for this challenge unless you would like to. You could paint or draw what you see, write a poem or take photos. Your teacher would love to see any work you produce.