

Connect

Connecting with people around you is good for everyone's well-being.

Think of ways that you can develop relationships with family and friends. How can we connect to our local heritage this half term?

Take time out to talk to family and friends each day.

Switch off TV / Gamestation and play a board game together or just talk.

Speak to someone new today.

Arrange a day out or visit family / friends.

Eat your lunch with someone different.

Don't just text someone, make the effort to call.