

EPS Wellbeing Pack 9

The Wrexham Educational Psychology Service understand how worrying and difficult this time is for us all. We want to assist our community by providing helpful information, advice and guidance to support the psychological wellbeing of children, young people and adults alike.

Joy, our Principal Psychologist, along with the team, Panna, Mark, Regina, Anna, Kathryn, Paula and Sally, would like to offer any support we can. With this in mind, we have handpicked some resources to help support you during life in lockdown.

As it is half term, we have created a 5 Ways to Wellbeing Challenge with a Wrexham twist, for you and your families to complete. Have fun learning a little more about the place we call home.

Happy half term from everyone at the EPS!



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 – Pay a attention to the wildlife around you and take part in the **North Wales Wildlife Trust's 30 Days of Wild**, celebrating the wildlife we find on our doorsteps.



Connect – Re-connect with your school friends or local community by making a **Covid rock snake** – a creative way to stay connected and brighten up our area.



Be active – Stay fit and get active this half term by exploring the **wonderful walks** Wrexham has to offer. Some are bike and dog friendly too!



Keep learning – Wrexham is full of **history** and **heritage**. See what weird and wonderful facts you can find out about the town and the people who used to live here!



Give – Give thanks for our town by writing down 3 things you love about Wrexham.