

The wellbeing challenge

When you complete an activity colour in the day for the month on the last page. You can do an activity more than once or you can add your own activities.

1. Have a phone or video with a person you haven't spoken to in a while. Ask them how they are. What have they been doing recently? Share what you have been learning about recently and tell them about events in your life.
2. Write a letter to a friend, telling them about things that have been going well for you recently. Could you include some photos or draw a picture for them?
3. Think of a gift that you could give to somebody. Can you draw or make something that will make them smile?
4. Get some slips of paper and write something nice about a friend and then send it to them. Could you make similar 'compliment slips' for everyone in your family or your class?
5. Make a friendship bracelet using some string, wool, beads and other small items.
6. Make a certificate for a friend to celebrate one of their special qualities or an achievement.
7. Complete a 'random act of kindness' by doing something nice for a friend or a stranger anonymously (if possible).
8. Write a thank you letter to somebody to show your appreciation for a gift or something that the recipient has done for you.
9. Drink some water. Keep a record of how much water you are drinking each day.
10. Keep a sleep diary over the course of a week to check if you have been getting enough sleep each day.
11. Think about times when you have been brave. How did you overcome your fears?
12. Write a letter to yourself in a week, month or year. What goals do you hope to achieve by the time you read your letter again?
13. Think about something that might be worrying you at the moment. Make a comic strip in which you overcome those worries. How did you do it?
14. Keep a record of your wellbeing each day. Make a note of how you are feeling, things you might be thinking about and things you are looking forward to.
15. Give a person (or a tree) a hug! How does it make you feel?
16. Ask somebody for help with something that has been troubling you recently.
17. Make a 'Fab File' to collect work and pictures that you are proud of, certificates that celebrate your achievements and cards from people that you care about. You could then look at it whenever you might be feeling low.

18. Make a list of all of the things that you have achieved in the past week / month / year. Think of a way to celebrate your amazing progress!
19. Make a list of all of the things that you are grateful for. Could you show these on the petals of a flower drawing or the coloured stripes of a rainbow painting?
20. Make a timeline to show the main events in your life and to highlight when you achieved new things for the first time (e.g. your first steps, first day at school and the first time you wrote your own name).
21. Keep a food diary to review the food and drink that you consume each day. Which parts of your diet are the healthiest?
22. Think about your favourite meal. Is it linked to a special celebration (e.g. a birthday or a religious event)? Find out your family members favourite foods.
23. Learn how to bake or cook something. Could you make a healthy treat or a new meal?
24. Try star gazing. Look outside at night and search for the stars. Can you make any pictures or patterns with them?
25. Make a dream catcher and add small pictures or slips of paper that show your hopes for the future.
26. Find out about a charity that is important to you and think of ways that you could help.
27. Listen to some relaxing sounds (e.g. rainfall, beach sounds or rain forest soundtracks). How do they make you feel?
28. Play a game with a family member. This might be a favourite card / board game or a new game that you have never played before. Could you make up your own game too?
29. Try some exercise. You could go for a walk, follow a workout or yoga video (e.g. Joe Wicks).
30. Get outside. Go for a walk and try to look for different plants and animals. Could you make a note of which ones you see or draw a picture of some of them?
31. Grow some seeds and monitor their progress each day. Could you work with others to create a small garden?
32. Lay on the ground and look at the clouds. Do you know the names of any of the clouds? Do they look like any pictures or patterns? Could you draw a picture of some of them?
33. Go on a 'senses walk'. Head to a familiar place (or somewhere completely new) and think of all of the things that you can see, hear, smell and feel.
34. Take some photos of people and things that are important to you. Could you display these in different ways?
35. Try using your non-dominant hand to do some everyday tasks, e.g. brushing your teeth, drawing or writing. How does this feel?

36. Find some old toys or other items that could be donated to a charity. How could your donation help others?
37. Plan a routine that might help you to relax before bedtime. How does this compare with others' routines?
38. Sit somewhere and breathe slowly, counting each breath in and out.
39. Dance! Put on your favourite song and dance along. You might be able to follow a dance-along version of the video on Youtube too.
40. Sing the lyrics to your favourite pop song or simply sing your favourite nursery rhyme to yourself.
41. Find some inspirational quotes online and choose one that you like. Could you turn it into a poster?
42. Try giving a compliment to somebody every day. How does it make them feel? How does it make you feel?
43. Put on some calming music and colour in some colouring pages.
44. Write a story. Use ideas from your favourite stories or the things that are around you right now. You could also try to illustrate it.
45. Lie down somewhere quiet and feel your pulse. Can you count the number of beats?
46. Think of something that you could do to help a neighbour. Could you surprise them with a kind action?
47. Learn a new skill. Follow some instructions from a book, a parent / teacher or an online video to learn how to do something new! Could you then teach that skill to somebody else?
48. Make a time capsule that includes information about your life today. Which people are most important to you? What are you most grateful for? What are your favourite things? What goals do you have for the future? Keep this somewhere safe and open it in the future. Don't forget where you put it!
49. Read a book. You could choose a book that you haven't read before, or pick your favourite book and tell a friend all about it.
50. Make a scrapbook or a collage to show things that make you smile or things that you are proud of.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY

FEBRUARY

MARCH

APRIL