Well-Being Challenge

- Close your eyes and listen carefully to any sound you can hear. After one minute, open your eyes and write down everything you heard.
- Do a 7 minute HIIT workout for self-regulation.

1) Frog jumps – hop, hop, back and forth like a frog.
2) Bear walk – hands and feet on the floor, high hips and walk left and right.
3) Gorilla shuffle – sink into a low sumo squat with hands on the floor, shuffle around the room.
4) Starfish jumps – jumping jacks as fast as you can, with arms and legs spread wide.
5) Cheetah run – run on the spot as FAST as you can!
6) Crab crawl – sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.
7) Elephant stomps – march in place lifting your knees as high as you can and stomping the ground as hard as you can!

- Design a poster that includes a list of seven kind things you could do for someone else. This could be for people you live with (do the dishes one evening, tidy your room, read with your brother or sister) or people you don’t get to see every day (send someone a compliment by text, draw a picture and send a photo of it to your grandparents).

- Create your own ‘Kindness calendar’ which includes 30 days of random acts of kindness. For example; cheer someone up with a joke, draw a picture for a friend, write an email to your teacher. Can you send your calendar to a friend or family member to complete?

- Make a playlist of your favourite feel-good music. Keep adding to the playlist every day as you think of more music that makes you feel happy. Every day spend some time dancing to music from your playlist. Get your family involved too and dance together!

- Watch a film, then talk with your family or friends about the strengths you spotted in the various characters in the film. Give examples of how they used those strengths.

- Think of your own good qualities. Write a description of yourself using these good qualities you have chosen and give examples of when you have used them.

- Write down what you could do today that will make you proud of yourself.

- Every day, keep in touch with someone you can’t see face to face. You can do this by phone, text, Skype, WhatsApp etc – use whatever technology you have available to connect with people you care about. This could be your friends, your grandparents or other relatives. You could write a letter instead, if you have a stamp!

- Draw a strengths ‘family tree’ – either for your family, your group of friends or your class/school. Think about how these character strengths you all have can help you overcome challenges together.