



Secondary Health and Wellbeing Challenges!

<p>Pick me up! Make your own happy box and share a digital HappyBox full of songs, photos and words for when you're feeling down. https://www.themix.org.uk/your-voices/campaigns/happy-box</p>	<p>Going for greatness: Draw yourself in the middle of a piece of paper. Make a spider diagram of the goals that you would like to achieve (college, dream job, lifestyle). Now in a different colour write about what you need to do to achieve those goals?</p>	<p>Learn about food, healthy eating and sustainability: Using the free resources available on the Food A Fact of Life website. Follow the link here or search 'Food A Fact of Life'.</p>	<p>Cook up a delicious and nutritious healthy snack: Using one of the recipes on the BBC Good Food website, via this link, or search BBC Good Food/after school snacks.</p>
<p>Turn your screen into a stress-relief tool: Make a stress head of your own and relax as you chase your very own pet peeve around until you catch it and smash it https://www.themix.org.uk/apps-and-tools/stressheads.</p>	<p>Take time out: Yoga for teens http://mindfulnessforteens.com/guided-meditations/. Complete a yoga session to help you to deal with feelings.</p>	<p>Get outside in the fresh air: We may not be able to meet up in groups but there is nothing to stop you getting out on your bike, skateboard or scooter, or even going for a walk. Fresh air and exercise are two things that help us to stay feeling fit, healthy and happy.</p>	<p>Careers: Watch The Nine to Five with Stacey Dooley on BBC iPlayer - what Skills for Life (self-management, self-belief, team work, communication, problem solving) do you see the young people using? Does one feature more than another? Do you see any careers that interest you?</p>
<p>Diversity challenge: Research the 6 largest religions of the world (Christianity, Islam, Hinduism, Buddhism, Sikhism, Judaism). How do their cultural practices differ across religions?</p>	<p>Social media self-care plan: Set screen time limits on your phone settings of up to an hour per day. Create a list of things that you can do instead of being on your phone (walk, indoor workout, spend time with family, play family game)</p>	<p>Learn something new: Start a new hobby whether it's a musical instrument or a new language (Duolingo app). Learning something new can help us with motivation and to feel good!</p>	<p>Create a self-care plan of two things that you can do in the day to look after your wellbeing. (yoga, indoor work out with Joe Wicks/other YouTube, go for a walk, go for a run, listen to music, creative writing).</p>
<p>Nature can be very soothing and can help to relieve stress: Bring the outside in and make a mini-terrarium - a kind of miniature indoor garden. Links to the instructions can be found here or search 'kids' garden activities - building a terrarium'.</p>	<p>Can you learn some simple first aid: How to treat burns and scalds. Watch the video and make a poster highlighting the key steps: St John Ambulance First Aid Training</p>	<p>Write a formal letter to persuade people to back your safer road campaign: Make a video as part of the Project 24. The challenge is to make a 24 second film around safer roads: http://www.brake.org.uk/project24</p>	<p>Protecting yourself online: Access the following link ThinkUKnow https://www.thinkuknow.co.uk/14_plus/Need-advice/exploring-your-identity-online/.</p>
<p>Create a family meal plan: Healthy, cheap and quick meals. https://www.nhs.uk/change4life/recipes</p>	<p>Put your own relationsticks person together: Work out the ending to every day life tricky situations. https://riseabove.org.uk/relationsticks/</p>	<p>Make a playlist: Make a list of all the songs that make you feel happy.</p>	<p>Create a wall of expression: Build your wall with bricks that represent how you are feeling. https://www.childline.org.uk/toolbox/games/wall-of-expression/</p>
<p>Boost Your Skills: Do you want to become an award winning writer travelling round the world to greet your fans at your latest book signing? Or maybe you want to be a director whose latest film has been reviewed in the coolest magazines. Whatever you want to do with your future you've got to start somewhere, right? Your Voices is the perfect place to make your debut and practice your skills. Watch these videos that will give you a few tips to help improve your writing, photography, videos or playlists. https://www.themix.org.uk/your-voices/boost-your-skills</p>	<p>Human Rights, Environment and Sustainability: 'Malala Yousafzai is more influential than Greta Thunberg.' Do you agree or disagree? Evaluate this statement showing you have thought about both sides. To do this task you will need to research Greta Thunberg and Malala Yousafzai. What have they fought for and how are they doing it? What impact have they made across the world? How can we measure influence?</p>		