

Healthy Schools - Wellbeing Week Challenges

(Secondary and Staff)

<p>Task 1: Be Kind Complete an act of kindness to friends and family members.</p> <ul style="list-style-type: none"> - Help at home - Cook a meal for your family - Deliver a meal for family or friends. - Leave a gift for friend or family members - Send a support card to a friend or family member. 	<p>Task 2: Check in with friends and family When isolating or staying indoors it can be easy to stop communicating/checking with friends and other family members.</p> <p>Each day check in with a friend or family member!</p>	<p>Task 3: 30 minute movement challenge Exercise is a great way to energise our bodies and our mind and make us feel good!</p> <p style="text-align: center;">So...</p> <p>How far can you run/cycle/walk in 30 minutes?</p>	<p>Task 4: Help others Help at home Help in the community Help at school</p> <ul style="list-style-type: none"> - Donate to charity - Donate to a food bank - Help with the housework - Cook meals for family or isolated members.
<p>Task 5: Relax It is important to take time out to relax and focus. Think about what you enjoy doing to relax. Here are some ideas:</p> <ul style="list-style-type: none"> -Make a music playlist -Yoga -Walk -Movie night -Mindfulness colouring 	<p>Task 6: Challenge yourself!</p> <p>Setting ourselves challenges and goals can provide motivation, focus and can give us a sense of purpose. Once we reach them this provides feel good feelings.</p>	<p>Task 7: Have fun! Organise a virtual/online get together with friends and family.</p> <ul style="list-style-type: none"> -Quiz -Meal out -Party -Workout 	<p>Task 8: Connect with others Whether it's through video call, messenger, phone calls or even write a letter. Our relationships with others are key to our own happiness.</p> <p>Check in with friends and family members!</p>
<p>Task 9: Get baking! Bake a healthy treat. Healthy food makes us feel good and energised. Baking is a feel good. Everybody enjoys seeing the end product of their creation with the added extra enjoyment of being able to eat it!</p> <p>https://www.nhs.uk/change4life/recipes</p>	<p>Task 10: Get Creative Painting/ re-ordering your room/gardening/tidying/ re-arranging.</p> <p>Taking part in creative activities can be both relaxing and enjoyable having a positive impact on our wellbeing.</p>	<p>Task 11: Watch your favourite film!</p> <div style="text-align: center;">  </div> <p>Films can be great distraction from reality. They can help us to switch off and relax!</p>	<p>Task 12: Work out daily! Aerobic exercise that gets us moving makes us feel energised, feel good and can be a great way to release stress or other negative emotions. Work out ideas:</p> <ul style="list-style-type: none"> Mindfulness Walk – Walk and listen to music Running Cycling Skipping Exercise classes (Joe Wicks)

