

‘Wellbeing Boosting’ Challenge

Please complete this as a family where you can, this includes the teachers too!

Be Active	Connect	Take notice	Give	Keep learning
Go for a walk	Call a friend and see how they are	Notice how you are feeling today and do something to change that feeling if it's not a good one.	Give your time to help someone in your house complete a task they don't like doing	Learning something new in an area of the curriculum – one which is a favourite of yours
Go out on your bikes	Facetime a friend and see how they are	Go outside and note all the different sounds you can hear.	Write some kind words and share them with someone you love	Learn something new about the people you live with, or who you can contact (Phone/facetime)
Have a go at a Joe Wick's exercise session – available on YouTube	Write a card/letter/picture for a friend and send it to them	Take a stroll and notice all of the different colours you see.	Just give your time to listen to someone – read, speak, share their opinion.	Learn a new language? Learn a new skill? Learn a new song?
Create your own physically active tasks and list them here:	Create a different way to connect and share it here:	Listen to some music and have a good singalong! Have a go at being mindful, you can use an app or YouTube to help you.	Create your own give activities and list them here:	Find some new things to learn about and list them here:

Put a tick in a box every time you complete 1 of the activities and give yourself 5 points.

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Can you reach:

20 points in week 1 (Complete 4 activities)

25 points in week 2, (Complete 5 activities) and so on, until we get to week 6, where you could reach 45 points!

All of the activities link to the 5 ways to wellbeing, a research-based model for boosting wellbeing. Just take part in 1 of these activities will give you a boost.

You could also...share your participation by posting some photos on the school’s fb site in celebration of your home learning.

Good luck!