

WEEKLY WELLBEING BUILDER



WEEK 2



BEING

COURAGEOUS

WELLBEING CHALLENGE

YOUR CHALLENGE THIS WEEK IS TO SEE HOW MANY OF THE ACTIVITIES YOU CAN COMPLETE ACROSS THE COURSE OF THE WEEK.

SEE HOW INVENTIVE YOU CAN BE!

REMEMBER TO TRACK YOUR SLEEP AND YOUR MOOD AND IF YOU NEED PLEASE CONTACT YOUR HOMEROOM TEACHER, WELLBEING COORDINATOR OR COLLEGE COUNSELLOR TO TALK.

STAY GRATEFUL

LIST 3 THINGS YOUR GRATEFUL FOR THIS WEEK:



GO FOR A WALK OUTSIDE WITHOUT YOUR PHONE
Remember what it's like to be offline – just don't get lost



CREATE AN EXERCISE ROUTINE
Something that will challenge you but you will stick to each day



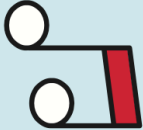
MAKE A CUP OF TEA FOR EVERYONE AT HOME
Or any hot drink – ask them what they want first



READ FOR 30 MINUTES EACH DAY
JustRead



PERFORM A RANDOM ACT OF KINDNESS
It has to be randomly kind and kinda random – spread some love



LISTEN TO SOME CLASSICAL MUSIC FOR 10 MINUTES
Search for 'greatest classical music' on Spotify or try pretty much anything by Mozart



TAKE A REALLY ARTY PHOTO
The artier, the better – show off your skills



CREATE A DECORATION FOR YOUR ROOM
Spruce up your Term 2 school classroom and make sure it's visible when you're online



MAKE YOUR BED EVERY MORNING
It's as simple as that – you've just got up and already completed a task – high five!



CLEAN SOMETHING IN YOUR HOUSE
Start with your room



COOK YOUR FAVOURITE MEAL FOR YOUR FAMILY
What's your signature dish?



FIX SOMETHING
Anything at all – ask your parents if you can't think of something; there's always something

SLEEP TRACKER

HOW MANY HOURS SLEEP DID YOU GET?

M. T. W. T. F. S. S.

MOOD TRACKER



MY CREATIVE SPACE