

5 Ways to Wellbeing Weekly Challenges (AUTUMN)



Friday 4th November

GIVE

Say a daily prayer this week for a person or some people you know who might be unwell, lonely or in need of cheering up.

Friday 11th November

KEEP LEARNING

In this week of remembrance, find out a bit more about the jobs of the different people who serve others in some way.

For example, you might find out what it is like to work for the NHS, the police and the rescue services (ambulance, fire and the lifeguards), school staff, railway and underground staff, postal workers, people who clean and maintain buildings.

Friday 18th November

CONNECT

Find a way of thanking someone for what they do for you. You might write a special letter or card. You might simply say thank you to that person. You might even choose different people over the week.

Thursday 24th November 24, 2022

GIVE

Create your own Advent calendar. Each day leading up to Christmas, write down one positive thing that you have done or that you are going to do. It could be a kind act, say a prayer or learn something new.

Friday 2nd December

TAKE NOTICE

Over the next 7 days, count your blessings. Spend a special time each day (maybe as you pray) to think of all the things that you can be grateful for in your life and how that makes you feel.

Friday 9th December

BE ACTIVE

Take some time to choose your family's Top 10 favourite songs or music that may be special for all sorts of different reasons.