

# 5 Ways to Wellbeing Weekly Challenges (SPRING)



Friday, 13<sup>th</sup> January

## CONNECT

Make some 'compliment slips' for everyone in your family or your class or both!.

Using a small slip of paper, write something positive about that person which will make them happy.

Friday, 20<sup>th</sup> January

## TAKE NOTICE

Make a certificate for a friend to celebrate one of their special qualities or an achievement.

Friday, 27<sup>th</sup> January

## GIVE

Do something kind for someone in your class, school or family. Choose one person per day for the next week.

Friday, 3<sup>rd</sup> February

## BE ACTIVE

Grow some seeds and monitor their progress each day. Could you work with others to create a small garden?.

Friday, 10<sup>th</sup> February

## CONNECT / KEEP LEARNING

Ask somebody for help with something that you find difficult. If it is work in class or a friendship problem, you could ask an adult at school. You could also ask a family member.

Friday, 24<sup>th</sup> February

### GIVE

Think about a Lenten promise. It might be to say a special prayer for someone every day. It might be to do one kind or helpful thing each day. It might be to learn one new thing every day during Lent.

Friday, 3<sup>rd</sup> March

### KEEP LEARNING

Visit a library or a bookshop and find some new books to enjoy.

Friday, 10<sup>th</sup> March

### CONNECT

Why not go to your local church and take notice of the Stations of the Cross? Perhaps say a prayer at each Station for the special people in your life.

Friday, 17<sup>th</sup> March

### TAKE NOTICE

Listen to some relaxing sounds (e.g. rainfall, beach sounds, rainforest soundtracks). How do they make you feel? [This Youtube channel](#) has lots of examples.

Friday, 24<sup>th</sup> March

### BE ACTIVE

Play a game with a friend or family member. This might be a favourite card / board game or a new game that you have never played before. Could you make up your own game too?

Friday, 31<sup>st</sup> March

### TAKE NOTICE

Make a 'Fab File' to collect work and pictures that you are proud of, certificates that celebrate your achievements and cards from people that you care about. You could then look at it whenever you might be feeling sad.

