
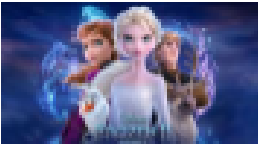


Healthy Schools - Wellbeing Week Challenges

<p>Task 1: Be Kind Create a friendship bracelet for a friend. Along with your friendship bracelet create a friendship card explaining to your friend why you have made them the friendship bracelet.</p> <p>**See friendship bracelet resource below or feel free to use your own ideas.</p>	<p>Task 2: 30 minute movement challenge Exercise is good for our bodies and our mind. Take part in some fun and feel good activities. https://www.youtube.com/watch?v=PSgZl8f3leU&t=222s</p> <p>YouTube: Cosmic Kids Yoga: All Yoga Disco Dance Fitness Yoga</p>	<p>Task 3: Challenge yourself with crafts! Arts, crafts and puzzle activities are a great way to develop confidence and self-esteem when meaningful praise is given to the child and they can see that they have achieved something. Encourage children to complete the activities with as little help and support as possible https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/</p>	<p>Task 4: Get building! Lego therapy activities support children to develop their social skills, problem solving skills and promote independence.</p> <p>**Use the Lego therapy activity cards below to choose a building challenge.</p> <p>No Lego? No problem! Use cereal boxes, yoghurt pots, toilet roll tubes etc.</p>
<p>Task 5: Relax Mindfulness colouring is a great way to relax, keep calm and stay focused whilst improving overall sense of wellbeing.</p> 	<p>Task 6: It's great to be me! Create a 'self-love' shield. This activity encourages children to think about their strengths and qualities. Such activities support to develop self-worth, self-esteem and positive thinking.</p> <p>**See the 'My strengths shield' resource below or feel free to create your own.</p>	<p>Task 7: Helping others By helping others this can help to make us feel good about ourselves. Home – help with chores, donate to food bank, do a fundraiser activity, create a card of support for a friends or family members. School – Garden/playground tidy up, donation day donating food to support school families, create keyworker rainbows and display your appreciation for keyworkers.</p>	<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 Arty Painting Sponge printing Leaf printing</p> <p>Taking part in art activities can be both relaxing and enjoyable having a positive impact on our wellbeing.</p>	<p>Task 11: Watch your favourite film!</p>  <p>Films can be a 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: Mindfulness Walk – Walk and list 3 things see, smell, hear, feel, taste. Running Cycling Skipping Exercise classes (Joe Wicks)</p>