



May Wellbeing Challenge:

Give yourself a point for each challenge you complete and see which award you qualify for.

There is one challenge a day. You can complete them in any order.

1. Try and learn a few words in another language.

There are some free sites for language learning. You could try this one:

<https://www.koobits.com/2012/10/01/10-free-fantastic-websites-for-language-learning>

Learning a new skill can be a positive thing to do.

2. What would you put in a time capsule to mark your experience of Lock-down?

This work sheet found on this site may inspire you:

<https://www.kensingtonmums.co.uk/covid-19-time-capsule-free-download/>

3. Create a cartoon character.

You could even learn to animate cartoons:

<http://launchpadtoys.com/>

Being creative is good for your well-being.

4. What were the three best things about yesterday?

If you can identify positive things even on difficult days, you will become more resilient.

5. Study animals.

You might have a pet, or you could see some animals if you are on a walk. If not, there are webcams that you can use to study animals:

<https://www.edinburghzoo.org.uk/webcams/rockhopper-penguin-cam/#rockhopperpenguincam>

What do you admire about the animal you have chosen?

6. Offer to help someone.

Helping others really helps us to forget about our worries.

7. Read for 15 minutes or listen to a talking book.

Reading can help you to take your mind off things and it can stop you getting bored.

Some talking books are free at the moment:

<https://stories.audible.com/start-listen>

8. Make somebody laugh or smile.

If we can make someone else feel happy, we feel happier ourselves. We had this challenge in April too, if you took this challenge, can you remember what you did last time?

9. Think of a song to express how you are feeling.

Songs often explore different emotions, so you are bound to find one that matches how you are feeling today.

10. Find an inspirational quote.

Google 'inspirational quotes' and see what you can find.

There are lots of quotes online. You may have found one last month. If so, re-read that quote and see if you can find another one today that inspires you as much.

11. Write down three things you are grateful for.

We all have things and people that we appreciate. Spend some time today thinking about three things or people that you are glad that you have in your life.

12. Listen or Smell.

Sit somewhere quiet, close your eyes. See if you can hear 5 different things in the environment around you. When you are using your senses, you are less likely to be worrying about things that went wrong in the past or might go wrong in the future.

If you have hearing problems, you could do this using your sense of smell. What can you smell? Maybe someone is wearing perfume, or some food may be cooking?

13. Look.

Look around you and see if you can see three things that are red. Looking carefully at your surroundings can help you focus on the present instead of worrying about the past or the future. You can choose another colour and see if you can see three things that are that colour too.

14. See if you can find 3 Good News stories.

To balance out the bad news we hear, try listening out for some good news stories. You might hear about someone who has done something to help other people, for example. Some of you may have done this exercise in April. It is good to do this regularly. It helps to remind you of the good things happening in the world.

15. Eat a healthy snack.

We all know that fruit and vegetables are good for us, but we don't always eat enough of them. See if you can eat a healthy snack today and really concentrate on the flavour of the food that you are eating. This is a good 'Mindfulness' exercise. Using our senses fully helps us to stay present and feel less worried.

16. Spend 5 minutes in silence.

It is not always easy to find somewhere completely silent but try your best to find somewhere quiet. Sit for 5 minutes without talking, without doing anything.

This can be an excellent way to de-stress. You might have tried this last month. Did you find it easy or hard?

17. Ask someone if you can help them.

People usually appreciate it when you are willing to help them, and it can make you feel good about yourself.

18. See how long you can go without complaining about anything.

You might have tried this challenge last month. This can be hard, but it can be very rewarding. Start at the beginning of the day and see how far you can go without complaining.

19. Who Is Your Superhero?

Who is the most inspiring person you can think of? What is it about them that you find so inspiring?

20. Who can you talk to?

Think of three people that you can talk to if you are worried about anything. We all need people that we can turn to if we need to talk something through.

21. Perfect Day.

Imagine you had one day where you could do anything you liked. What would you choose to do on this perfect day?

22. Create a plan for Tomorrow.

After you have been away from school for a while, it can be hard to motivate yourself to get things done. Spend some time thinking about tomorrow and

create a rough plan of things that you want to do. You can look back later and see if you managed to stick to your plan.

23. Send someone a nice message.

Choose somebody that you would like to send a nice message to. People love receiving kind messages.

24. What is the weather like today?

Have a look outside to discover what the weather is like. Think of three things you like about that kind of weather. Every type of weather can be good!

25. Get some exercise.

Do some exercise for 15 minutes or more. You might like to dance or run on the spot if you can't go outside.

26. Do some tidying up.

If your room doesn't need tidying, you could offer to help someone you live with to tidy up. It is much easier to concentrate in a tidy environment and you can find the things you need more easily.

27. What would you like to be doing in 5 years' time?

Use your imagination and think of some lovely things that you could be doing in 5 years' time.

28. What is your happiest memory?

Spend some time thinking about a happy memory. What was it about the experience that made you feel so happy?

29. Think of a film or TV programme that you have watched that made you laugh.

What was funny about the film or programme? Watching comedies can really cheer you up if you are feeling down.

30. Do some art or craft.

You might decide to create your own comic book story or do some doodling. You could even try some origami:

<https://www.itsalwaysautumn.com/diy-origami-bookmarks-print-fold.html>

31. Repeat your favourite challenge.

Which challenge did you like best this month? What did you like about it?

You could decide to repeat it again today.

Now you have completed the challenge!

Add up your score to see which award you have achieved:

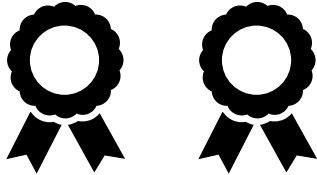
1-10 points:

Bronze Award. Well done for taking part. Which activity did you enjoy the most? See if you can think of some more activities that you might like to try while you are working from home.



11-20 points:

Silver Award. Congratulations. You have tried a good range of activities. Which one did you find the most helpful? Have a look at the rest of the challenges and see if you can carry out one more.



21-31 points:

Gold Award. Excellent work! You have really tried hard to boost your wellbeing. Which activity did you find the most enjoyable? See if you can build some of these activities into your daily life.



I hope you enjoyed this challenge!

Cathy Shuter

Wellbeing Caseworker

24/04/20