



April's 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. **Send a nice message to someone you care about.**

People love to receive messages; you can really make their day.

2. **Do something nice for somebody else.**

When we do kind things for others, we can forget our worries.

3. **Do 15 minutes exercise.**

Exercise helps to keep us fit and it is good for our wellbeing.

4. **Have an early night.**

Getting enough sleep is very important.

5. **Do some tidying up.**

When we live in a tidy, clutter-free environment this can help us to feel calmer.

6. Do something creative such as drawing or craft.

Creativity is very good for our wellbeing.

7. Make somebody laugh or smile.

When we make other people happy, we feel happier too.

8. Learn a new skill.

You can find something to try on YouTube! (Maybe you might like to learn a few words of another language, for example.)

9. Find an inspirational quote.

There are lots of quotes online. Google 'inspirational quotes' and see what you can find.

10. Try 'Progressive Muscle Relaxation.'

Sit or lie down. Close your eyes. Tense and relax each of your muscles in turn starting from the top of your head and working to the tip of your toes. This can help you feel more relaxed.

11. Use 'The Problem Solving Cycle' to solve a problem.

Think of a problem you have. Make a list of possible solutions. Look at the advantages and disadvantages of each solution. Choose the solution that you think will work best. Review it. Did your solution work? If it did, that's great. If not, go back to your list and choose another solution to try. You can ask people you trust if they have possible solutions that you might be able to try too.

12. Write down three things you are grateful for.

If you think about things that you do appreciate in your life, this can help you to feel happier.

13. Try Active Listening.

This is when you fully listen to the other person without interrupting. People love it when they know that you are willing to listen to them. Try this for yourself and see how this can help to improve the way you communicate.

14. Try and meditate for at least 3 minutes.

Sit somewhere quiet, close your eyes. Take three deep breaths. Breathe in through your nose for a count of 5 and out of your mouth for a count of 5 and then breathe normally. Sit quietly, focusing on your breath for 3 minutes. If you are distracted by thoughts or sounds, don't worry. Simply return your attention to your breathing until 3 minutes has passed. Once you have finished, slowly open your eyes.

15. Read for at least 15 minutes.

Some people love reading and do this every day. Other people get out of the habit of reading, but reading can be very relaxing and enjoyable. Choose a book and read it for 15 minutes and see how you feel.

16. Dance or sing.

You don't have to be a brilliant singer or dancer to enjoy this activity. You can have a sing or a dance to some music in your room. Dancing is a good form of exercise and singing and dancing are great stress relievers.

17. Try a Mindfulness exercise.

You might decide to fully focus on a simple task such as cleaning your teeth or having a shower. Fully focus on what you are doing. Focusing on simple tasks like this helps us to stay present. We stop worrying so much about what has gone wrong in the past or what might go wrong in the future. Try this for yourself and see how it can help you.

18. 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.

19. Listen to some music.

Music can be uplifting. It can also help us to release emotions such as anger, frustration or sadness. Find some music to suit your mood and listen to it. See how you feel afterwards.

20. 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.

21. Give yourself a small reward.

Be kind to yourself today. What do you like doing? Is there something that you can do indoors that will be a good thing for you to do? See if you can think of something that you can do to boost your mood a little. You might decide to have a nice bath or shower or listen to your favourite song. Use your imagination and see if you can think of something nice that you can do for yourself today.

22. 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.

23. Imagine a shield. It has three symbols on it that represent you. What would those symbols be?

You might choose hobbies or sports that you are interested in. Do you feel they represent you? You may choose a particular animal that you like to represent you. Use your imagination and see what you come up with. You could even draw your shield if you would like to.

24. Sit for 5 minutes and see how many things you can hear.

Listening out for sounds in the environment can be very relaxing. It is surprising how much you can hear. (People with hearing problems can use another sense such as their sight or sense of smell. What can you see, what can you smell?)

25. Give someone a compliment.

Think of someone you know and put some thought into noticing something about them that you admire. It might be you like something they do or something that they wear. Let them know what you like about them. It will probably make their day.

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

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.

27. Think of three things that you like about yourself.

Some people find it hard to think of things they like about themselves. Try and think of three things you like about yourself and if you are struggling with this, try asking someone you trust what they like about you.

28. Make a list of people who inspire you.

The people can be famous, but they don't have to be. Think about why you admire the people that you do.

29. Play a board or card game.

Board and card games can be a lot of fun but many of us spend more time playing on electronic gadgets these days. It can be really good to spend some time away from watching screens. Have a go at playing a board or card game and see how you get on. If you don't have a board or card game, you can always play 'I Spy' or 'Hangman' with someone.

30. What would you like to be doing one year from today?

Imagine the schools are open and people are back at work. What would you like to be doing one year from today? Use your imagination and have fun with this activity.

Now you have completed the challenge!

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

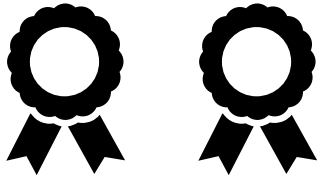
1-10 points:

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.



21-30 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!

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Wellbeing Caseworker

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