



August'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. Watch Underwater Videos. They are very relaxing: <https://www.youtube.com/watch?v=hZWz0VN5dCA>
2. Make a Scrap Book. You can put things in your scrap book to remind you of the things you have been doing.
3. Learn a new word in the dictionary.
4. Take a photograph of something in Nature.
5. Choose a singer or musician and see what you can learn about them.
6. Take an online art class: <https://www.accessart.org.uk/sketchbooks-an-online-course-for-children-families-parents-teachers/>
7. Make a puppet: <https://littleangeltheatre.com/online-shows-and-activities/>
8. Carry out a book themed activity: <https://www.booktrust.org.uk/books-and-reading/have-some-fun/fun-at-home-with-authors-and-illustrators>
9. Take on a Science Challenge: <https://www.centreofthecell.org/learn-play/home-resources/>
10. Take on a 'Move Crew' Mission: <https://ukactivekids.com/movecrew/>
11. Get your brain working with a Literacy Activity: <https://literacytrust.org.uk/family-zone/>
12. Explore a gallery or museum online: <https://www.guggenheim.org/at-large>
13. Learn about Space: <https://www.nasa.gov/multimedia/imagegallery/index.html>

14. Find out about animals using animal webcams: <https://www.edinburghzoo.org.uk/webcams/penguin-cam/#penguincam>
15. Do some cooking: <https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on>
16. Find out more about animals: <https://www.natgeokids.com/uk/?s=Animals>
17. Take a virtual tour of this aquarium: <http://samuraivirtualtours.com/example/nadc/index.html>
18. Look at the weather forecast and plan an outdoor activity for when the weather is good: <https://www.bbc.co.uk/weather>
19. Spend 15 minutes tidying up. You can feel a lot more relaxed in an uncluttered environment.
20. Do something that you find relaxing. You might choose to listen to music or go for a walk.
21. What do you like best about this month?
22. See if you can find a song to reflect the mood you are in today. Play the song. See if you can find a song that makes you feel happy. Play that song.
23. Get some exercise. You might be able to go for a walk. You can do some exercises indoors.
24. Send a card or message to someone you care about. It will make their day.
25. See if you can find a quote that inspires you. You can look online.
26. Think of three things or people that make you smile.
27. Offer to help someone. You might help them tidy up, for example.
28. Watch a film or video clip that makes you laugh.
29. Look for a Good News story on The News.
30. What have you enjoyed most about today?
31. Look back on these challenges and repeat your favourite.

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 in August.



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

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