



July'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. Plan an activity to carry out later in the week.
2. Write down three things that you have enjoyed doing in the past week.
3. Spend 15 minutes reading a book that you enjoy.
4. Send a friendly message to someone you care about.
5. Thank someone for doing something that helped you.
6. Spend 15 minutes tidying up.
7. Spent time outside today and really take in your environment. If you can't go outside look out of the window.
8. Make yourself a healthy snack.
9. Listen carefully and make a list of all the things that you can hear or look around you and see how many things you can see.
10. Listen to some music that makes you feel happy.
11. Find a wildlife webcam and see if you can see some animals. This is one link that you can try:

<https://www.essexwt.org.uk/protecting-wildlife/wildlife-webcams>

12. Exercise for at least 10 minutes. You could run on the spot or dance, for example.

13. See if you can find an inspiring quote online.
14. Learn something new. You could choose a few words of a foreign language or even try Sign Language. <https://www.british-sign.co.uk/>
15. Write down three activities that you have found enjoyable during Lockdown.
16. Make your own board game. It could be based on a popular game like Ludo or you could create your own game.
17. Create your own cartoon. You could tell a simple story in cartoon form or invent your own cartoon character.
18. What has made you laugh this week? If you haven't laughed for a while, try and watch a programme that makes you laugh.
19. Write down three things that you feel grateful for.
20. Find a positive news story.
21. Find out about a country you don't know much about.
22. Think of three things that you have done that you are proud of.
23. What have you liked best about July so far?
24. What is your favourite type of weather and why?
25. What is your favourite month of the year and why?
26. What are you looking forward to doing in August?
27. Try some relaxation techniques such as deep breathing and relaxing each of your muscles.
28. What is your earliest happy memory?
29. Think of someone you haven't seen for a while and send them a nice message.
30. What is the best thing that has happened today?
31. Look back on the July challenges and repeat the one you liked most.

Now you have completed the challenge!

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

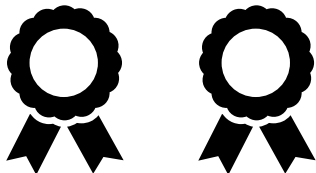
1-10 points:

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

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