



June'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. How have you been sleeping? If you are feeling tired, get an early night tonight.
2. Carry out three acts of kindness in one day. Write down what you plan to do and then record how it went.
3. Do 15 minutes of exercise. If you can't go outside, could you dance or run on the spot indoors?
4. Contact someone you care about.
(You could phone or text them if you can't see them face to face.)
5. Give someone a compliment.
(If you notice something good about another person and you point it out, you will probably make their day!)
6. Write down 3 things that you appreciate about Lockdown.
(It can be frustrating having to stay in, but have you managed to do some things that you wouldn't normally do?)

7. Offer to help someone with a task.
(It could be the washing up or tidying up.)
8. Eat a healthy snack.
9. Listen to your favourite piece of music.
10. Write down 5 things that you are grateful for.
11. Do some reading or listen to a talking book.
12. Do something creative.
(You could choose to do some drawing or writing, you could choose to take a photograph or play a musical instrument.)
13. Sit silently for 2 minutes.
(What sounds can you hear?)
If you have a hearing problem, look around you and see what you can see.
14. Do something relaxing.
(Some people find listening to music is relaxing, other people find being with their pet relaxing or being in nature.)
15. Find a quote online that you think is inspiring.
16. Watch something on TV or online that makes you laugh.

(Laughter is great for our wellbeing.)
17. Try Active Listening.
(To do this when someone is speaking to you, fully listen to them without interrupting. People love being properly listened to.)
18. Thank someone for doing something for you.
(We can sometimes take the things people do for us for granted.)

19. Try Progressive Muscle Relaxation.

(To do this, sit or lie down and close your eyes. Tense and then relax each muscle in your body, one at a time. When you have done this, open your eyes.)

20. Try and drink enough water.

This is Roughly: 5 glasses (1 litre) for 5 to 8 year olds. 7 glasses (1.5 litres) for 9 to 12 year olds. 8 to 10 glasses (2 litres) for 13+ years per day.

21. Learn a new skill.

(You could learn a few words of a new language, for example. There are sites online to help you do this.)

22. Who do you admire? What do you admire about them?

23. Spend some time tidying up. Even a few minutes spent putting things away can really make a difference.

24. Eat something healthy today. It might be a whole meal or just a piece of fruit.

25. Write down 3 things you like about this time of year.

26. Next time you go outside, notice what the weather is like.

27. Think of a place or person that you would like to learn more about and spend some time researching that person/place.

28. If you were going to invent a new drink, what would it look like? What would you call it and what ingredients would you put in it?

29. What is your favourite animal? What do you admire about that animal?

30. Choose the challenge that you liked best and repeat it today.

Now you have completed the challenge!

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

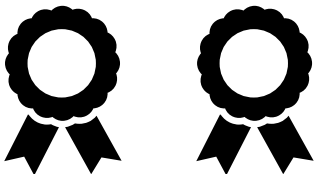
1-10 points:

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.



21-30 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!

Cathy Shuter

Wellbeing Caseworker

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