

# DAILY WELLBEING CHALLENGE JANUARY 2024

Monday



1. Set yourself a goal or New Year resolution to work on this month. Make sure it is realistic and achievable. Make a plan to help you to achieve it!

Tuesday

2. Draw a picture of something new you would like to try this year. For example, it might be a new food or hobby!

Wednesday

3. Take 5 minutes to sit still and breathe in slowly through your nose and out slowly through your mouth.



Thursday

4. **World Braille Day.** A day to raise awareness of the importance of Braille for blind and partially sighted people. What can you find out about Braille today?

Friday



5. Doodle for 5 minutes straight using a continuous line.

Saturday

6. Create an A-Z of things that make you feel good and happy.

Sunday

7. Do something you really LOVE today, such as painting, drawing, playing a sport, getting out a boardgame. You choose!



8. Cook or bake something new today with a friend or family member. Be sure to have an adult help you!

9. Go for a walk and breathe in the fresh air. What can you see, hear, smell, touch?

10. Think about a time when you felt proud. Write about it or draw a picture!

11. Reach up to the sky and stretch slowly. Feel the tension leave your body!

12. Write a poem today. It can be long or short. It could be any kind of poem, such as an acrostic poem. Can you right about a topic from school?

13. Imagine that you have just eaten a lemon. Feel your face squeeze from the sour taste, before relaxing again. Squeeze like a lemon and relax.

14. Tidy your room and clear your mind. Take time to declutter and sort through your things.



15. Switch off all electronics for at least 1 hour, play a game, go for a walk or do something that you enjoy away from the screen.

16. **It's Global Wordsearch Day.** Challenge yourself to complete a wordsearch today. Why not snuggle up with a blanket and listen to some calm music too?

17. Thank someone today!

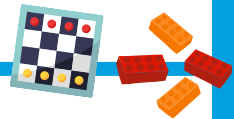


18. **Happy Winnie the Pooh day.** It's A.A Milne's birthday. Challenge yourself to create a new character for a children's story, just like Pooh.

19. Ask someone new to play a game or complete an activity with you today.

20. Shower people with compliments today. Share that you like someone's hair, outfit or attitude to name a few. Let's make other people around us smile!

21. Play a boardgame with a friend or family member. Alternatively, play a game of 'I spy...'



22. **Happy Chinese New Year.** It is the year of the Rabbit. What can you find out about the festival?



23. Go out of your way to give someone a hug. Be sure to ask them first!

24. Get moving and grooving. Put on your favourite song and dance like no one is watching!



25. Say something positive to everyone you meet today.

26. Sit still on a chair or on the floor. Close your eyes. Notice each of your body parts, move them slowly one-by-one.



27. Write an appreciation note to a friend today. Let them know how much you appreciate them!

28. **It's International Lego day.** What can you build from Lego today? Why not make world-changing invention? If you don't have Lego, get creative!

29. This week is National Storytelling Week. Can you share a story with a friend or family member today?



30. Note down or draw a picture of your favourite moment from this month! Share this with friends or family, what is theirs?



31. **It's International Zebra Day.** Zebras are an endangered species due to habitat loss. Can you draw a picture of a Zebra?



Let's dream big and make the most of the new year ahead!