

DAILY WELLBEING CHALLENGE FEBRUARY 2024

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday


Sunday

*You are enough,
just as you are!*




6. This week is Children's Mental Health Week. The theme is 'My Voice Matters'. Think of 5 ways that you can use your voice to help yourself and others!

6. Cook or bake something delicious today. Ask an adult to help you with this. You could make a cake, soup, bread, pasta or whatever you fancy!




7. It's Safer Internet Day. If you see something that makes you feel uncomfortable online, talk to a trusted adult. Who are your 5 trusted adults?


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




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




10. Write down a compliment for someone on a post it note. Give the note to them and see them smile! Such as: "I like how kind you are!" or "You tell awesome jokes!"



11. International Day of Girls in Science. Can you find out about a famous female Scientist? What did she do to inspire other people?




12. It's Darwin Day. Charles Darwin was a famous Scientist who loved animals. Go for a walk and see what wildlife you can spot.




13. Today is World Radio Day. Challenge yourself to make your own radio show. Practice recording yourself talking, playing music and interviewing guests!

14. It's Valentine's Day. A day where we show people around us how much we love them. Make a card for someone you love today.




15. Take 5 minutes to sit still and breathe in slowly through your nose and out slowly through your mouth. Imagine a balloon inflating and deflating slowly.

16. Draw a picture for a loved one, write a letter to someone special or phone a friend today! It is good to connect with other people for our wellbeing.



17. It's Random Acts of Kindness Day. Do something kind to help someone today. For example: it might be helping with a chore or phoning a family member.

18. 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.




19. Try something new today! It might be playing an instrument, eating a new food, singing a new song, getting creative or sporty - whatever you like!


20. Create a postcard to share your favourite memory from the past week. Share your postcard with a friend or family member.




21. Imagine your tummy is a balloon. Inflate the balloon by breathing in through your nose and deflate the balloon by breathing out slowly through your mouth.



22. Think about time when you were brave. Draw a picture and write about it.




23. Check in with your New Year Resolution. How are those goals going? What is going well? What do you need to help you to achieve those goals? Good luck!



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


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

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



27. Today is International Polar Bear Day. Doodle a drawing of a polar bear. Give the polar bear a name. What is the polar bear thinking, doing and feeling?

28. Squeeze your fist really tight and hold for 1... 2... 3... before unclenching your fist. Feel how your hand feels weightless and relaxed. Swap hands and try again!



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