

DAILY WELLBEING CHALLENGE MARCH 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Spring brings flowers, the sunshine and hope!!

4. Pick up your pencil and doodle for 5 minutes. Try not to take your pencil off of the paper or start a new line. Notice the pencil leaving a mark on the paper!



5. Spring is just around the corner. It is about new beginnings. Can you think of a habit that you'd like to work on stopping this month?



11. Think about a time when you felt focused. Write about it or draw a picture!



18. It's **Global Recycling Day**. It is important to help our planet. Let's put the planet first. Why not do on a litter pick today with a grown-up? Remember to wear gloves.

12. 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!"

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



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



26. 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!

6. Learn a new yoga pose!



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



20. Today is the first day of Spring. Can you do some spring cleaning, such as tidying your room and making a fresh start?

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



7. It's **World Book Day**. Sit down with your favourite book, a tasty snack and get lost in the story.



14. Tomorrow is **Red Nose Day** in the UK. It's all about raising money for charity and making people laugh. Can you make someone smile today? Share a joke!



21. It's **World Poetry Day**. Take the time today to write a poem. You could write about anything you like, we recommend that you choose a feeling as the inspiration.

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

1. It's **National Day for Unplugging**. Take a break from technology today. Play a boardgame, paint a picture, get involved with some sports - enjoy!

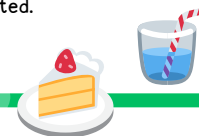


8. It's **International Women's Day**. Today is a day to celebrate important women in the world. Can you draw a picture of an important woman in your life?



15. It's **World Sleep Day**. Sleep is important for our mental health. Can you find out 3 reasons why sleep is important? Try to go to bed 30 mins earlier tonight!

22. It's **World Water Day**. Be sure to drink 6-8 glasses of water today to stay hydrated.



29. Many people around the world will be celebrating Easter this weekend. Can you do some baking and share what you make with friends and family?



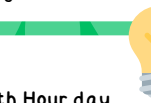
2. Set yourself a goal to work on this month. Make sure it is realistic and achievable. Make a plan to help you to achieve it!



9. It's **Barbie Day**. The dolls are very popular all around the world. Can you design a brand new toy for children? It can be anything you like!



16. 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.



23. It's **Earth Hour day**. To participate all you need to do is turn off all non-essential electric lights for 1 hour to show our commitment to the planet.

30. Sing loudly to your favourite song today. You could use your water bottle as a microphone. If singing isn't your thing, then just listen to the tune!

3. It's **World Wildlife Day**. This is a day to celebrate the wonderful animals and plants that are in our world. Go for a nature walk, I wonder what you'll find!



10. It's **British Science Week** to explore science, technology, engineering and maths. Can you find a simple science experiment to do today with grown up support?



17. Say something positive to everyone you meet today.

24. Let's do an emotions check-in. Write or draw the different emotions that you are feeling today.

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