

# DAILY WELLBEING CHALLENGE APRIL 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1. 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!



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



15. 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!



22. It's International Mother Earth Day! Today we celebrate everything that is great about our planet! Share 3 reasons why you feel grateful for about Earth.

29. It's International Dance Day! Turn on your favourite music and dance the day away (like no one is watching)!



2. It's World Autism Awareness Day! We have things that make us unique. Look in the mirror and say aloud all of the things that make YOU unique!

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



16. 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!"

23. It's World Book Night! Find your favourite book and sit down with a warm drink, take some time to read!



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

3. It's Stress Awareness Month! Find a moment today to practise taking 5 deep breaths and feeling a sense of calm!



10. Learn a new yoga pose!



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



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

4. It's Community Garden Week! Plant some seeds and watch them grow in the coming weeks and months!



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



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



25. It's World Penguin Day! Draw a picture of a penguin in their natural habitat!

5. Think about a time when you felt confident. Write about it or draw a picture!



12. 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. 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.



26. It's Stop Food Waste Day! Have a look in the fridge and see what you can make. Let's get creative with the cooking and prevent food waste!



6. It's International Dark-Sky Week! If the sky is clear tonight, see if you can spot some recognisable constellations!



13. 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. Go out of your way to give someone a compliment today. Let's make someone smile or laugh!

27. Say something positive to everyone you meet today.



7. 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!



14. 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!



21. Take some time to journal about your week. What was a highlight? What was your favourite part? Who did you spend time with? How did you feel?



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



April rain brings beautiful flowers to the plain fields glowing in the warm sun!