DAILY WELLBEING CHALLENGE APRIL 2024

Monday

Tuesday

World

Awareness Day! We have

things that make us unique.

Look in the mirror and say

aloud all of the things that

make YOU unique!

Wednesday Thursday Friday

Saturday

Sunday

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!

Squeeze your fist really tight

and hold for 1... 2... 3... before

Feel how your hand feels

weightless and relaxed. Swap

It's International Mother

Earth Day! Today we

celebrate everything that is

great about our planet!

Share 3 reasons why you feel

It's International Dance

Day! Turn on your favourite

music and dance the day

away (like no one is

watching)!

grateful for about Earth.

unclenching your fist.

hands and try again!

22.



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



Autism

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

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!".



using a continuous line.

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



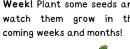
Note down or draw a picture of your favourite moment from this month! Share this with friends or family, what is theirs?



lt's Stress Awareness Month! Find a moment today to practise taking 5 deep breaths and feeling a sense

Learn a new yoga pose!

It's Community Garden Week! Plant some seeds and watch them grow in the



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

Switch off all electronics for

at least 1 hour, play a game,

go for a walk or do something

that you enjoy away from



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

Try something new today! It

instrument, eating a new

food, singing a new song,

getting creative or sporty -

be

whatever you like!



playing an

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!



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!



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



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



the screen.

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.



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



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?



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!

Exciting Teacher © 2024

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

Doodle for 5 minutes straight

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

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!

Say something positive to everyone you meet today.

