

DAILY WELLBEING CHALLENGE AUGUST 2022

Monday



1. Check-in with your emotions. How are you feeling? Draw a picture to show your feelings & share it with someone!

8. Take a deep breath. Imagine a square, breathe in slowly and count to 4, hold for 4, breath out slowly for 4, hold for 4 and repeat.

15. Ask someone else how they are feeling today!



22. Plan an act of kindness and make someone else's day by doing it. You could do an extra chore, write a note, draw them a picture.

29. Go on a litter pick to help clean the world around you. Remember to wear gloves and have the help of your adults at home.



Tuesday

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. Get out and about, can you make a piece of artwork using only things found outside, such as leaves, flowers, twigs!



16. Make a den and sit down with your favourite book. Top tip: You could push some chairs together and cover them with a bed sheet!

23. Take a big deep breath. Imagine you have a balloon in your tummy. Feel the balloon inflating and deflating.

30. Create a paperchain of all the things you are excited about or thankful for.

Wednesday

3. Make a gift and surprise someone. Share the love!



10. Challenge yourself to drink 8 cups of water today. Did you know water helps us to concentrate and keep our brains happy!

17. Phone a family member or friend and tell them about the book you read yesterday!



24. Make a list of all the things you enjoy doing, choose one of those things to do today!



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

Thursday

4. Phone a friend and ask them how they are doing. You could make a plan to meet up with them!



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



18. Are you currently worrying or feeling unsure about something? Talk about it, write it down and let it go!



25. Bake or cook something delicious! Be sure to have the help of your adults at home.

Friday

5. Grow your positive mindset. Tell yourself when something is difficult today that "I cannot do it.... YET!"

12. Listen to your favourite song. Sing along and dance if you want to! Top tip: use a water bottle as a microphone!



19. World Photography Day. Go on a walk & take some photos!



26. Make someone laugh today by sharing your favourite joke!



Saturday

6. Pause for a minute. Spot 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste!



13. Look in a mirror. Say 5 positive things to yourself, such as 'You are awesome, I believe in you, you've got this!'



20. International Emergency Transport Day. Write a note of kindness for your local 999 team!



27. World Rock Paper Scissors Day. Start a Rock, Paper, Scissors tournament!

Sunday

7. Get outside and get moving today. Start your day with 5 star jumps. I wonder where you will explore!



14. Write a postcard and send it to a friend, let them know what you have been up to this holiday!

21. Go for a walk with a family member, what did you spot on your walk? Create a list!



28. Write down 3 things you are looking forward to next month!

Believe in yourself, you've got this!

#ExcitingTeacher

