## DAILY WELLBEING CHALLENGE SEPTEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## New beginnings help us to

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!

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.

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

Reach up to the sky and stretch.

Doodle for 5 minutes straight using a continuous

It is National Read a Book Day. Sit down with your favourite book or maybe start a new book series.

Read a book to someone else or make up a story. Can you make us different voices for each of the characters?

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

Take time to talk about something that is bothering you or alternatively, something you'd like to celebrate.

10. Thank someone today.

Tell someone important to you how much they mean to you today.

Write a note or draw a

line.

Create an A-Z of things that make you feel good and happy.



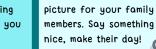
It's Positive Thinking Day what positives can you think of that happened today?

Tidy your room and clear your mind. Take time to declutter and sort through your things.

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

Ask someone how they are doing. Be prepared to listen to them.

Make some music using pots, pans, utensils or anything that you can find. Can you form a band?



For 1 minute, do star jumps or jog on the spot.

and write about it.



Find someone who has something in common with you. It might be that you both like cheese or that you both have the same shoes.

It is National Fitness Day. Spend some time focusing on your body. Move, dance, workout, do some yoga whatever feels comfortable.

Draw a picture of someone you admire and look up to. Make a note of why they are a role model to you.

Take a mindful minute and spend some time outside spotting the clouds. What shapes can you see?



painting, drawing, playing a

Do something you really

boardgame. You choose!

LOVE today, such as

sport, getting out a

Create a rainbow using random objects you can find around your house. Take a picture of it!



Imagine you are climbing a Think about, time when you mountain. Take a deep breath as were brave. Draw a picture you walk up, hold your breath for 4 at the top then breathe slowly on the way back down.

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

Find a positive story in the news and share it with others around you.



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

... the best time for change is now.

#ExcitingTeacher exciting

