

# DAILY WELLBEING CHALLENGE SEPTEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

*New beginnings help us to grow...*

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



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

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



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



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

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



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



20. 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.

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

26. Think about time when you were brave. Draw a picture and write about it.

27. Imagine you are climbing a mountain. Take a deep breath as you walk up, hold your breath for 4 at the top then breathe slowly on the way back down.



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

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



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

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



2. 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.



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

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



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



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

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

10. Thank someone today.

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

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

31. Write a note or draw a picture for your family members. Say something nice, make their day!

4. Reach up to the sky and stretch.



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

18. Write a note or draw a picture for your family members. Say something nice, make their day!

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

*...the best time for change is now.*

#ExcitingTeacher

