

DAILY WELLBEING CHALLENGE OCTOBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



31. Happy Halloween! In Mexico, they celebrate 'Día de Muertos'. What can you find out about this important tradition for Mexicans?



Autumn shows us that it is okay to let things go.

#ExcitingTeacher



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!

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



3. This month is **Black History Month**. Why not find out some information about the history of Black people? Have a look at their website with an adults help: blackhistorymonth.org.uk



4. It is **World Space Week** too. Why don't you take a look at the stars tonight? How many can see you?

5. Today is **World Smile Day!** This day is dedicated to smiling and acts of kindness. Be sure to smile at people today!



6. For **National Poetry Day**, challenge yourself to write a short acrostic poem. Choose an emotion and write a line for each letter of the feeling.



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

8. Spend some time baking or cooking with an adult. What delicious food will you make today?



9. Thank someone today.



10. Today is **World Mental Health Day**. Take some time today to check in with someone else and ask them how they are doing.



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



12. Think about time when you were confident. Draw a picture and write about it.

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



14. Go for a walk. Can you spot any leaves changing colour as we go into Autumn? How many different colours can you see?



15. **Happy World Singing Day!** Use today to sing in the shower, in front of the mirror or use your hairbrush as a microphone.



16. Go for a nature scavenger hunt. How many bugs can you find? How many types of tree will you see?

17. It's **Recycle Week!** Let's encourage others to recycle by creating a poster explaining why recycling is important. Can you think of a new recycling invention?

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



19. 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.

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

21. It's **Apple Day!** Eat an apple today or follow a recipe that contains apples, it's entirely up to you but be sure to include an apple or two.

22. Go for a walk with a family member. Breathe in the fresh air!



23. Can you use some recycling materials to create a robot? What use does your robot have? How are they helpful? Be sure to clean the materials before use.



24. For 1 minute, do star jumps, jog on the spot or do an exercise that you enjoy.

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

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



27. Collect some autumnal leaves and create a picture by rubbing them onto paper using a crayon. Display your picture for everyone to see!

28. Reach up to the sky and stretch.



29. Can you find an autumn craft to complete today using supplies that you already have at home?

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

