

DAILY WELLBEING CHALLENGE NOVEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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

3. Go on a bug hunt!



4. Take part in some sports today. It might be an activity with a Team or something independently.



5. Today is **Bonfire Night**. Imagine a sparkler, what qualities do you have that make you sparkle and unique?



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



7. Turn a random scribble into a picture. I wonder what you will create?

8. Listen to some calming music. You might want to shut your eyes and think about somewhere calm, such as the beach with gentle waves!



9. Learn a new yoga pose!

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



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

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

13. Today is **World Kindness Day**. A day to promote kindness is many different ways. Give someone a compliment, write them a note, help with a chore!

14. It's **Anti-Bullying Week**. Wear some odd socks today to show support for anti-bullying week.

15. It's **Anti-Bullying Week**. Can you come up with some ideas to prevent bullying from happening and ways to help those who are being bullied?



16. Make a card or postcard for someone else. Write a nice message and decorate it before giving it to them! Let's make someone's day.



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

18. Today is **Children in Need Day 2022**, which raises money for children's charities. Can you create a poster to advertise the event?



19. Thank someone today and tell them how much you appreciate them.

20. Today is **United Nations Universal Children's Day**. Why not spend time with some friends today or catch up with a friend?



21. Today is **World Hello Day**. Can you say hello to 10 people today?

22. Take some time to practise box breathing. Imagine a square, breathe in slowly for 3, hold for 3, breathe out slowly for 3, hold for 3.

23. Reach up to the sky, up to the stars and stretch.



24. Can you draw a picture of your safe place?



25. Look in the mirror and spot at least 5 things that you like about yourself!



26. Go for a walk. Is it frosty and cold? What do the trees look like? What wildlife can you spot?



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



28. Think about a time when you felt determined. Draw a picture or write about it!

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

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

Things seem impossible until you give them a go!

#ExcitingTeacher

