

# DAILY WELLBEING CHALLENGE FEBRUARY 2023

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6. This week is **Children's Mental Health Week**. The theme is 'Let's Connect'. Think of 5 people that you would like to speak to or spend time with this week.

7. It's **Safer Internet Day**. If you see something that makes you feel uncomfortable online, talk to a trusted adult. Who are your 5 trusted adults?

13. Today is **World Radio Day**. Challenge yourself to make your own radio show. Practice recording yourself talking, playing music and interviewing guests!

14. It's **Valentine's Day**. A day where we show people around us how much we love them. Make a card for someone you love today.

20. Create a postcard to share your favourite memory from the past week. Share your postcard with a friend or family member.

27. Today is **International Polar Bear Day**. Doodle a drawing of a polar bear. Give the polar bear a name. What is the polar bear thinking, doing and feeling?

21. It's **Pancake Day**. Let's bake some pancakes. Can you decorate your pancake with a happy face?

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

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

15. Take 5 minutes to sit still and breathe in slowly and breathe out slowly through your nose and out slowly through your mouth. Imagine a balloon inflating and deflating slowly.

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

2. It's **World Play Your Ukulele Day** today. Challenge yourself to play a musical instrument today. If you don't have one, have a go at making one!

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

16. Draw a picture for a loved one, write a letter to someone special or phone a friend today! It is good to connect with other people for our wellbeing.

23. Check in with your **New Year Resolution**. How are those goals going? What is going well? What do you need to help you to achieve those goals? Good luck!

3. Reach up to the sky and stretch slowly. Feel the tension leave your body!

10. Write down a compliment for someone on a post it note. Give the note to them and see them smile! Such as: "I like how kind you are!" or "You tell awesome jokes!"

17. It's **Random Acts of Kindness Day**. Do something kind to help someone today. For example: it might be helping with a chore or phoning a family member.

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

4. Go for a walk and breathe in the fresh air. What can you see, hear, smell, touch?

11. **International Day of Girls in Science**. Can you find out about a famous female Scientist? What did she do to inspire other people?

18. 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.

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

5. Cook or bake something delicious today. Ask an adult to help you with this. You could make a cake, soup, bread, pasta or whatever you fancy!

12. It's **Darwin Day**. Charles Darwin was a famous Scientist who loved animals. Go for a walk and see what wildlife you can spot.

19. Try something new today! It might be playing an instrument, eating a new food, singing a new song, getting creative or sporty - whatever you like!

26. Play a boardgame with a friend or family member. Alternatively, play a game of 'I spy...'

**KINDNESS IS A GIFT THAT EVERYONE CAN GIVE, NO MATTER HOW BIG OR SMALL** 