

DAILY WELLBEING CHALLENGE MARCH 2023

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**SPRING BRINGS
FLOWERS AND
HOPE.**

6. It's Food Waste Action Week. Challenge your family to not waste any food this week. If something is going bad, can you make it into something tasty?



7. Pick up your pencil and doodle for 5 minutes. Try not to take your pencil off of the paper or start a new line. Notice the pencil leaving a mark on the paper!



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



14. Take a minute to stretch up tall and take 3 deep breaths.



20. Today is the first day of Spring. Can you do some spring cleaning, such as tidying your room and making a fresh start?



21. It's World Poetry Day. Take the time today to write a poem. You could write about anything you like, we recommend that you choose a feeling as the inspiration.

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



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

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. It's International Women's Day. Today is a day to celebrate important women in the world. Can you draw a picture of an important woman in your life?

15. Help someone out today. They might need help putting on their coat, holding the door or with something they are finding tricky.



22. It's World Water Day. Be sure to drink 6-8 glasses of water today to stay hydrated.

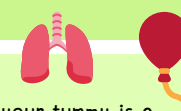
29. Sing loudly to your favourite song today. You could use your water bottle as a microphone. If singing isn't your thing, then just listen to the tune!



2. It's World Book Day. Sit down with your favourite book, a tasty snack and get lost in the story.



9. It's Barbie Day. The dolls are very popular all around the world. Can you design a brand new toy for children? It can be anything you like!



16. Imagine your tummy is a balloon. Inflate the balloon by breathing in through your nose and deflate the balloon by breathing out slowly through your mouth.

23. Squeeze your fist really tight and hold for 1... 2... 3... before unclenching your fist. Feel how your hand feels weightless and relaxed. Swap hands and try again!

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

3. It's World Wildlife Day. This is a day to celebrate the wonderful animals and plants that are in our world. Go for a nature walk, I wonder what you'll find!



10. It's British Science Week to explore science, technology, engineering and maths. Can you find a simple science experiment to do today with grown up support?



17. Today is Red Nose Day in the UK. It's all about raising money for charity and making people laugh. Can you make someone smile today? Share a joke!



24. Let's do an emotions check-in. Write or draw the different emotions that you are feeling today.

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



4. It's National Day for Unplugging. Take a break from technology today. Play a boardgame, paint a picture, get involved with some sports - enjoy!



11. Think about a time when you felt focused. Write about it or draw a picture!

18. It's Global Recycling Day. It is important to help our planet. Let's put the planet first. Why not do on a litter pick today with a grown-up? Remember to wear gloves.



25. It's Earth Hour day. To participate all you need to do is turn off all non-essential electric lights for 1 hour to show our commitment to the planet.



5. Spring is just around the corner. It is about new beginnings. Can you think of a habit that you'd like to work on stopping this month?



12. 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!"



19. It's World Sleep Day. Sleep is important for our mental health. Can you find out 3 reasons why sleep is important? Treat yourself to going to bed 30 minutes earlier tonight!



26. 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!