

huish
RICHARD HUISH



Wellbeing Challenges

We are launching a weekly wellbeing challenge for all students over the national lockdown. Each week you will find 7 tasks to try, all intended to boost your general mental health and wellbeing.

We have also produced a log sheet that you might like to use to record your actions, you may also like to share what you have been doing with your tutor and student wellbeing champions.

The log sheet is available to download from the Wellbeing area of our website or you can create your own.

Challenges will be on the Remote Learning section on our website each week.

We hope you enjoy the challenges.

