



Wellbeing Challenges



Please keep a log of all the wellbeing challenges you have completed using the wellbeing challenges log sheet.

Week 2

Time to Relax. Take 5 minutes to sit still with no distractions and focus on your breathing. Breathe in for 5 secs and out for 7 secs.

Notice 5 things that are beautiful in the world around you, if possible, do this while out for a walk.

Play some fun music and dance around your house, maybe encourage your household to join in.

Send a positive message to someone you care about and let them know you are thinking of them.

Play a game with someone else in your household. It could be a board game, cards, pen & paper game or maybe charades.

Write down 10 things you are grateful for in life and why.

Smile as often as you can today and do kind & fun things that help all your household to smile.