



Wellbeing Challenges



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

Week 3

Find a healthy recipe online and cook with your family.

<https://www.bbcgoodfood.com/recipes/collection/family-meal-recipes>

Watch this week's school assembly on the theme of 'Joy' and keep a list or take photographs of things that brings you Joy.

Declutter your bedroom/personal space and try to make it a more calming and peaceful space.

Send a positive message to a teacher who has helped you this week.

Do something kind and thoughtful for someone in your household.

Contact a friend you have not spoken to for a while.

Spend some time on a physical activity such as going for a walk, cycle ride, dancing to your favourite music.